

THE BCM EDGE

16th April' 26

LEAD360 - EXPLORE, EXPRESS, EXCEL

Thursday

BCM DUGRI EXCELS WITH 100% RESULT; STUDENTS SHINE WITH DISTINCTION



BCM School, Basant Avenue, Dugri Road, Ludhiana achieved outstanding results in the CBSE Class X Board Examinations 2026 with a 100% result. Out of 251 students, 70 scored 90% and above.

Shubhman Kaur secured the first position with 99%. Akhil Dadwal, Drishti Kapoor, Simardeep Kaur and Maanya jointly secured the second position with 98.8%. Gurnoor Kaur secured the third position with 98.4%.

Students also achieved perfect scores of 100 in multiple subjects including English, Mathematics, Punjabi, Social Science, Artificial Intelligence, Introduction to Financial Markets and Information Technology.

Principal Dr. Vandna Shahi congratulated the students and appreciated the efforts of teachers and parents.





BCM SCHOOL

BASANT AVENUE, DUGRI ROAD, LUDHIANA

BCMF
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LEAD360 - EXPLORE, EXPRESS, EXCEL

Thursday

BCM SCHOOL TOPPERS

1st



SHUBHMAN KAUR

99%



Congratulations!

2nd



AKHIL DADWAL

98.8%

2nd



DRISHTI

98.8%

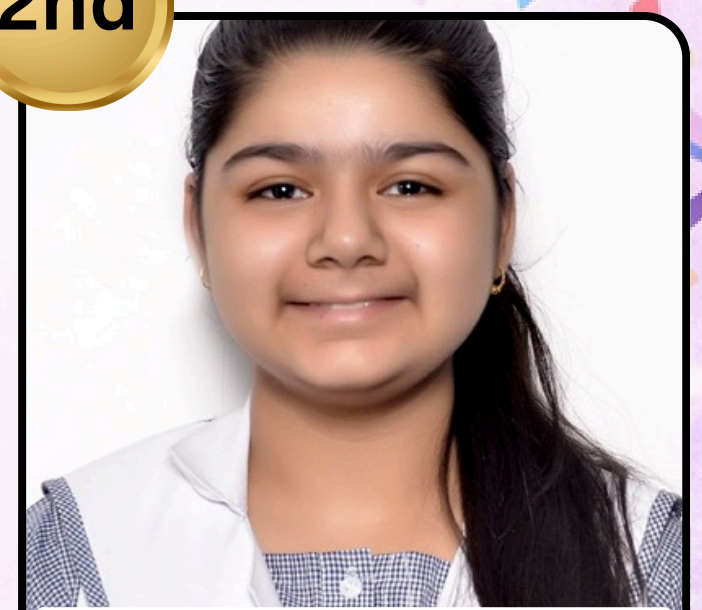
2nd



SIMARDEEP KAUR

98.8%

2nd



MANYA

98.8%

3rd



GUROOR KAUR BINDRA

98.4%



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STUDENTS SCORING 90% AND ABOVE

S. no	Name	Percentage
1.	SHUBHMAN KAUR	99
2.	SIMARDEEP KAUR	98.8
3.	MAANYA	98.8
4.	AKHIL DADWAL	98.8
5.	DRISHTI KAPOOR	98.8
6.	GURNOOR KAUR BINDRA	98.4
7.	ABHINAV KUMAR	98.2
8.	MUSKAN ARORA	98.2
9.	KRITIKA GOYAL	98
10.	SAANVI RAHEJA	98
11.	SRISHTI	97.8
12.	ANSH GUPTA	97.8
13.	HARSEERAT KAUR	97.6
14.	SAANVI	97.6
15.	JASMEEN KAUR	97.4
16.	KUNAL GUPTA	97.2
17.	PRABHLEEN KAUR	97
18.	GURTEJ KAUR SALLAN	96.8
19.	JAPLEEN KAUR	96.8
20.	PRANJAL OBEROI	96.8
21.	AANYA MAHAJAN	96.8
22.	LAKSHITA ANAND	96.8
23.	AKRITI TINNA	96.6
24.	KAVISH KAUSHAL	96.4
25.	BALJINDER SINGH	96.4
26.	SONAM SHARMA	96.2
27.	JASMINE KAUR	96
28.	TANISH GARG	95.6
29.	VYAN GUPTA	95.6
30.	SHREYANSH SINGH	95.4
31.	AARUSH KAPIL	95.4
32.	PRABHNOOR SINGH	95
33.	NISCHAY CHAUHAN	94.6
34.	KHUSHNOOR SINGH	94.4
35.	AARUSH JAIN	94.2
36.	MAULIK AGGARWAL	94.2
37.	JIMMIL GARG	94.2
38.	SANA SHARMA	94
39.	VANDITA SHARMA	93.8
40.	NISHANT SHARMA	93.6
41.	KULBIR SINGH	93.6



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STUDENTS SCORING 90% AND ABOVE

42.	SADEGH BANSAL	93.6
43.	LAKSHAY JAIN	93.4
44.	JASKIRAT SINGH SUBHERWAL	93.4
45.	NISHANT KUMAR	93.4
46.	SAMRIDHI SAINI	93.2
47.	OMISHA	93
48.	AMANJOT SINGH	92.8
49.	ANHAD SHARMA	92.8
50.	PRAGATI THAKUR	92.6
51.	MANYA	92.4
52.	SUKHMEET KAUR	92.4
53.	ISHIKA CHAUHAN	92
54.	ANIKET SAINI	92
55.	HARITTH DHINGRA	91.6
56.	HARLEEN KAUR	91.4
57.	NIRBHAY PARMAR	91.2
58.	EKAMJOT SINGH	91.2
59.	PRIYAL	90.8
60.	RAKSHAM GOGNA	90.8
61.	KIRTI	90.8
62.	ANSHIKA NIGAM	90.6
63.	MANMEET KAUR	90.4
64.	HARLEEN KAUR	90.4
65.	NAVNEET KAUR	90.4
66.	EKANPREET SINGH JASSAL	90.2
67.	ISHAN SINGH	90.2
68.	LAKSHAY SHARMA	90.2
69.	ANUSHKA GUMBER	90.2
70.	JAIDITYA RANA	90

Congratulations



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SUBJECT-WISE TOPPERS

S. No	Subject	Highest Marks	Name of Student
1	Maths	100	Saanvi Raheja, Divyam Goyal, Simardeep Kaur, Muskan Arora
2	Artificial Intelligence	100	Baljinder Singh, Prabhleen Kaur, Saanvi, Shreyansh Singh
3	Punjabi	100	Arshpreet Kaur, Jaskirat Singh Subherwal, Khushnoor Singh, Aanya Mahajan, Muskan Arora
4	Information Technology	100	Kunal Gupta, Maanya, Shubhman Kaur, Akhil Dadwal, Aniket Saini, Drishti Kapoor, Kavish Kaushal, Jasmine Kaur
5	Intro. to Financial Markets	100	Gurnoor Kaur Bindra, Ansh Gupta
6	Social Science	100	Gurtej Kaur Sallan, Japleen Kaur, Srishti, Shubhman Kaur, Drishti Kapoor
7	English	100	Gurtej Kaur Sallan, Kritika Goyal, Maulik Aggarwal
8	Science	99	Maanya, Pranjal Oberoi, Aarush Kapil
9	Hindi	96	Japleen Kaur

Congratulations

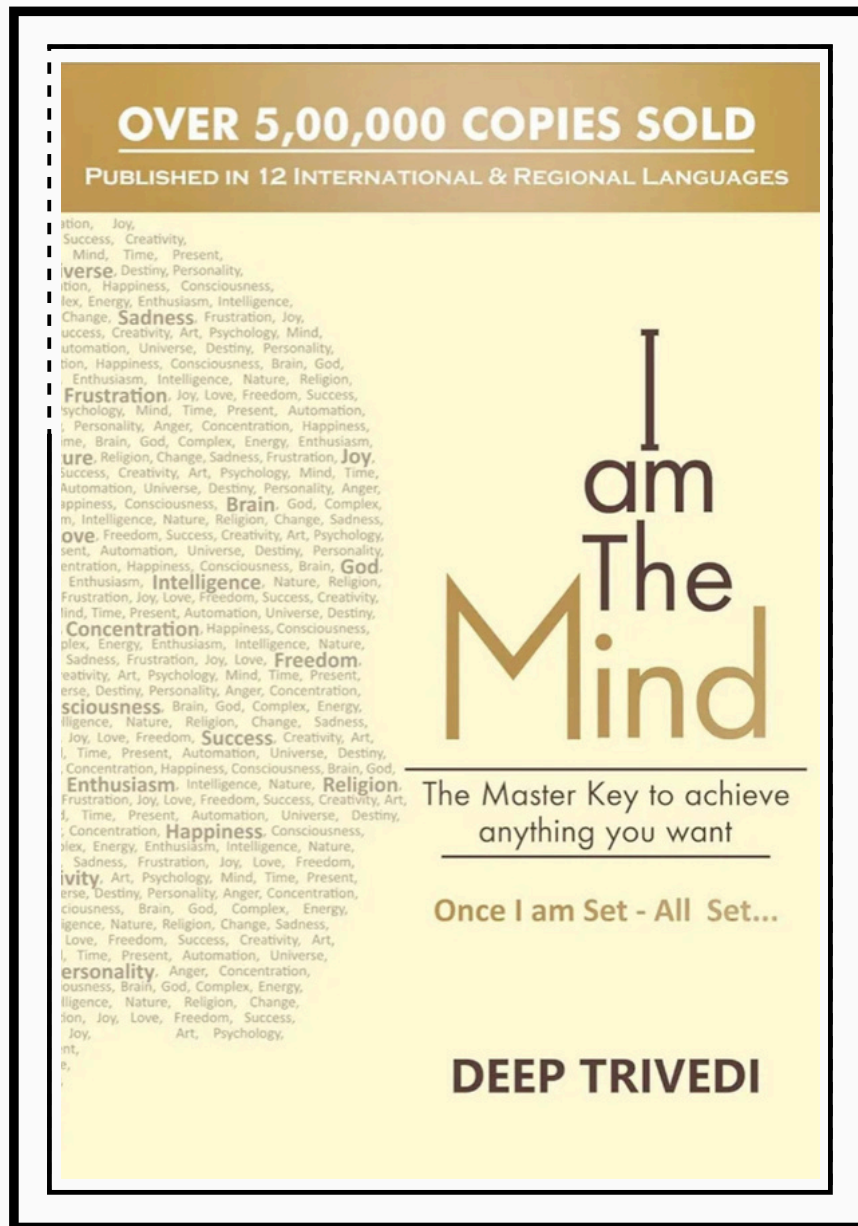
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BOOK RECOMMENDATION : I AM THE MIND



In *I Am The Mind* by Deep Trivedi, the core idea is that the mind and brain are separate—the mind drives emotions while the brain executes. By understanding your own mind, you can better understand others and their behavior. The book stresses avoiding predictability, as routine thinking makes people easy to control. It also highlights that most stress comes from dwelling on the past or worrying about the future. True peace and success come from mastering the mind and staying focused in the present moment, where clarity, control, and happiness truly exist.


THOUGHT OF THE DAY



WORD

Inexplicable
/ɪnɪkˈsplɪkəbl/

That cannot be understood or explained



For some **inexplicable** reason he gave up a fantastic job.

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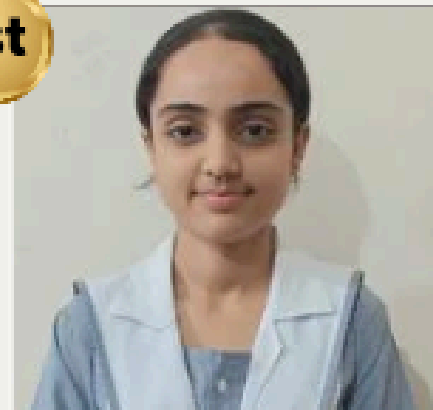
17th April' 26

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Friday

CBSE CLASS X BOARD RESULT TOP 10 POSITION HOLDERS

1st



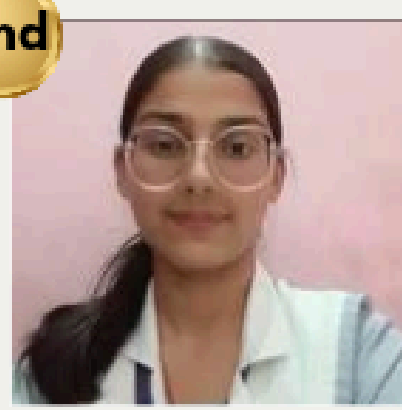
SHUBHMAN KAUR
99%

2nd



AKHIL DADWAL
98.8%

2nd



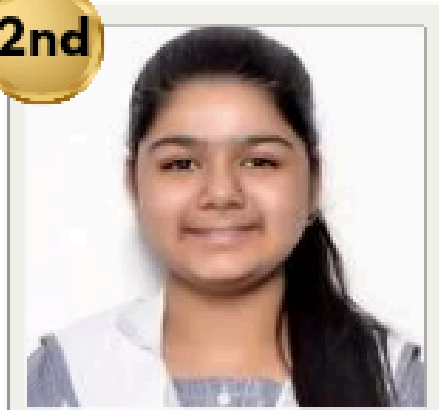
DRISHTI KAPOOR
98.8%

2nd



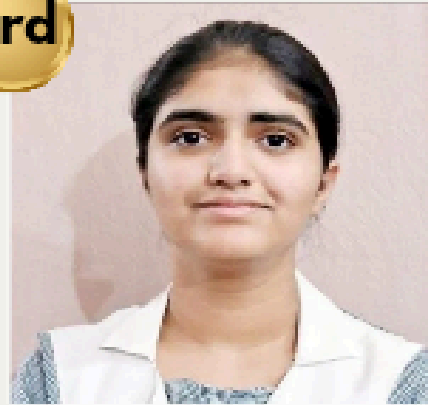
SIMARDEEP KAUR
98.8%

2nd



MAANYA
98.8%

3rd



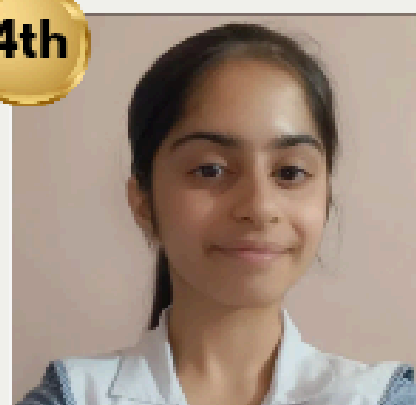
GUROOR KAUR BINDRA
98.4%

4th



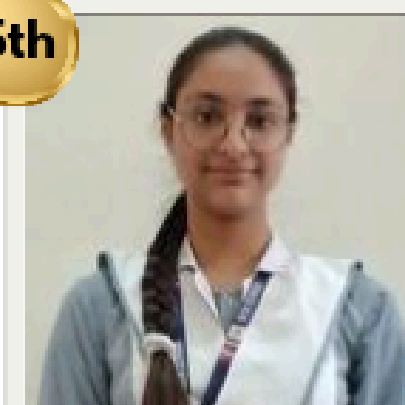
ABHINAV KUMAR
98.2%

4th



MUSKAN ARORA
98.2%

5th



KRITIKA GOYAL
98%

5th



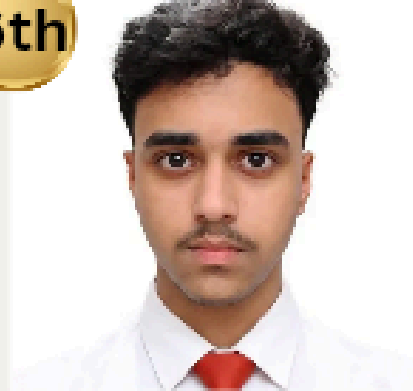
SAANVI RAHEJA
98%

6th



SRISHTI
97.8%

6th



ANSH GUPTA
97.8%

7th



HARSEERAT KAUR
97.6%

7th



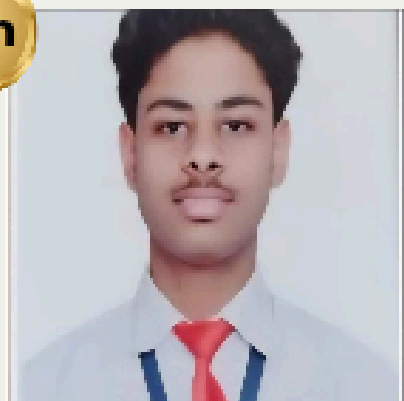
SAANVI
97.6%

8th



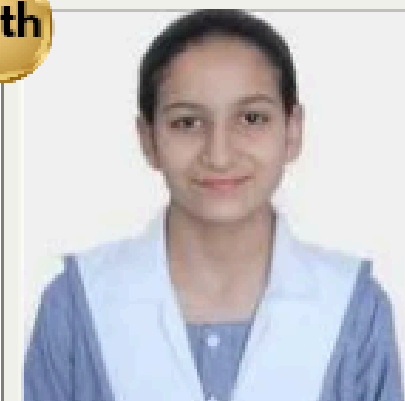
JASMEEN
97.4%

9th



KUNAL GUPTA
97.2%

10th



PRABHLEEN KAUR
97%

Congratulations

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Friday

CBSE CLASS X BOARD RESULT 90% AND ABOVE SCORERS



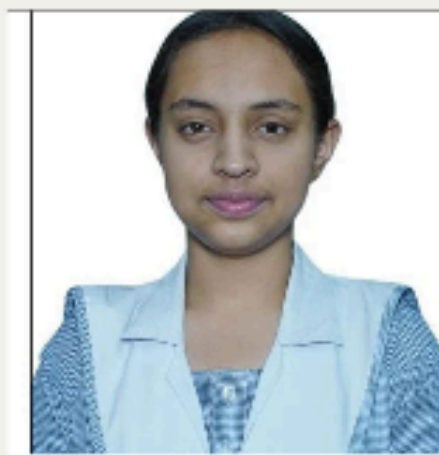
GURTEJ KAUR SALLAN
96.8%



JAPLEEN KAUR
96.8%



PRANJAL OBEROI
96.8%



AANYA MAHAJAN
96.8%



LAKSHITA ANAND
96.8%



AKRITI TINNA
96.6%



KAVISH KAUSHAL
96.4%



BALJINDER SINGH
96.4%



SONAM SHARMA
96.2%



JASMINE KAUR
96%



TANISH GARG
95.6%



VYAN GUPTA
95.6%



SHREYANSH SINGH
95.4%



AARUSH KAPIL
95.4%



PRABHNOOR SINGH
95%

Congratulations

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Friday

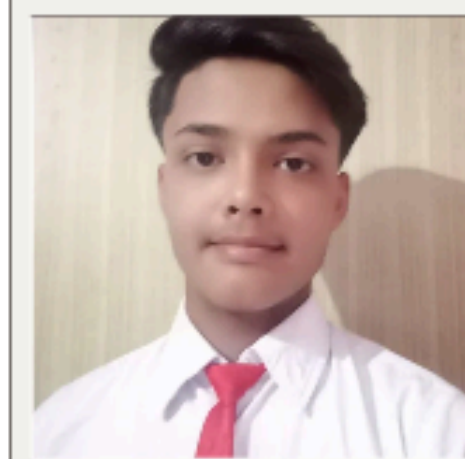
CBSE CLASS X BOARD RESULT 90% AND ABOVE SCORERS



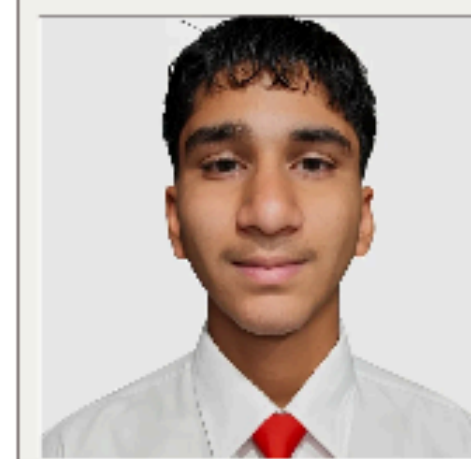
NISCHAY CHAUHAN
94.6%



KHUSHNOOR SINGH
94.4%



AARUSH JAIN
94.2%



MAULIK AGGARWAL
94.2%



JIMMIL GARG
94.2%



SANA SHARMA
94%



VANDITA SHARMA
93.8%



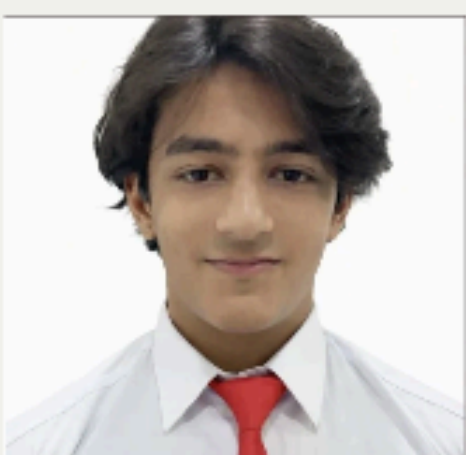
NISHANT SHARMA
93.6%



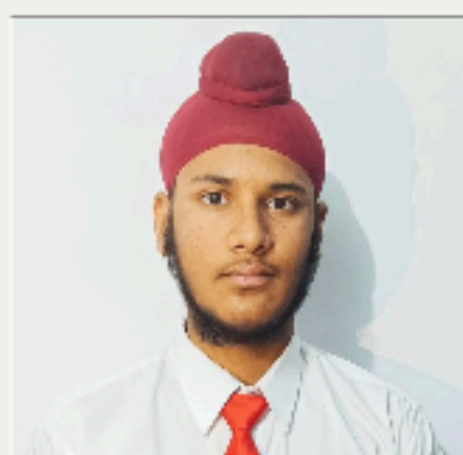
KULBIR SINGH
93.6%



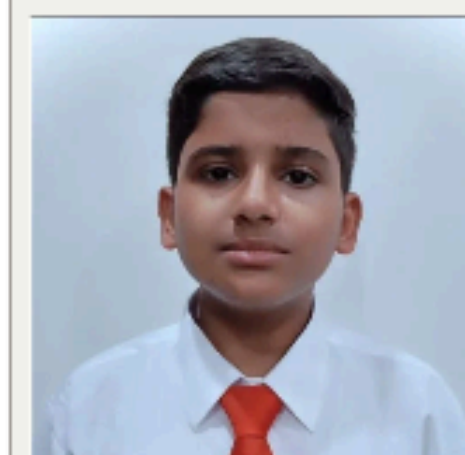
SADEGH BANSAL
93.6%



LAKSHAY JAIN
93.4%



JASKIRAT SINGH
93.4%



NISHANT KUMAR
93.4%



SAMRIDHI SAINI
93.2%



OMISHA
93%

Congratulations

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CBSE CLASS X BOARD RESULT 90% AND ABOVE SCORERS



AMANJOT SINGH
92.8%



ANHAD SHARMA
92.8%



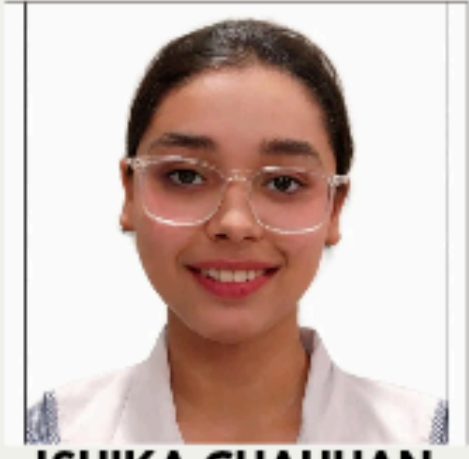
PRAGATI THAKUR
92.6%



MANYA
92.4%



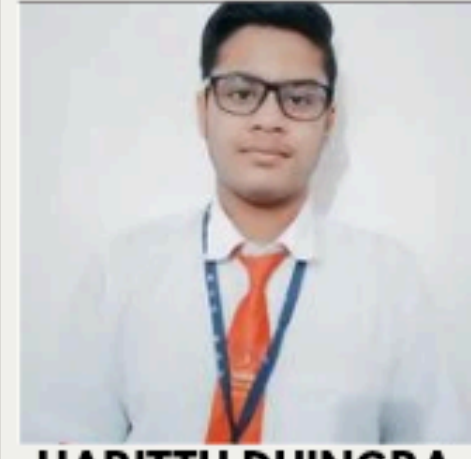
SUKHMEET KAUR
92.4%



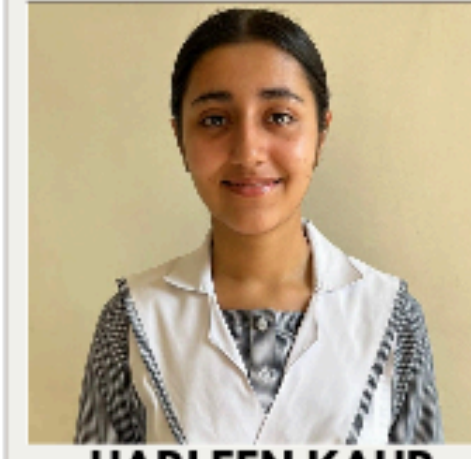
ISHIKA CHAUHAN
92%



ANIKET SAINI
92%



HARITH DHINGRA
91.6%



HARLEEN KAUR
91.4%



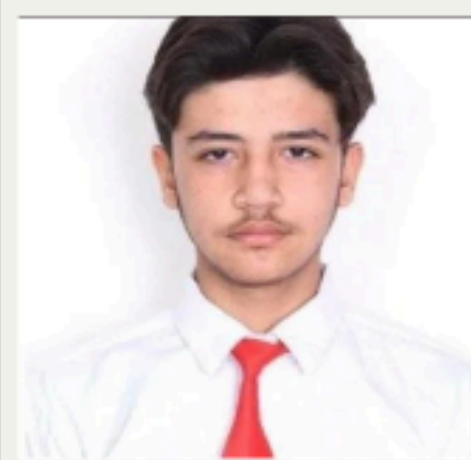
NIRBHAY PARMAR
91.2%



EKAMJOT SINGH
91.2%



PRIYAL
90.8%



RAKSHAM GOGNA
90.8%



KIRTI
90.8%



ANSHIKA NIGAM
90.6%

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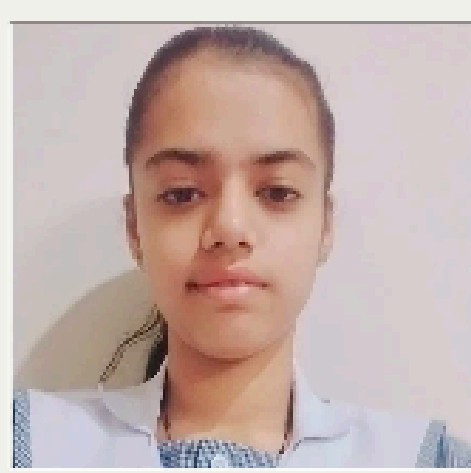
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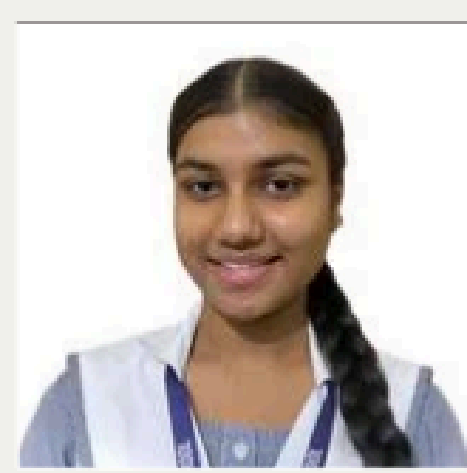
CBSE CLASS X BOARD RESULT 90% AND ABOVE SCORERS



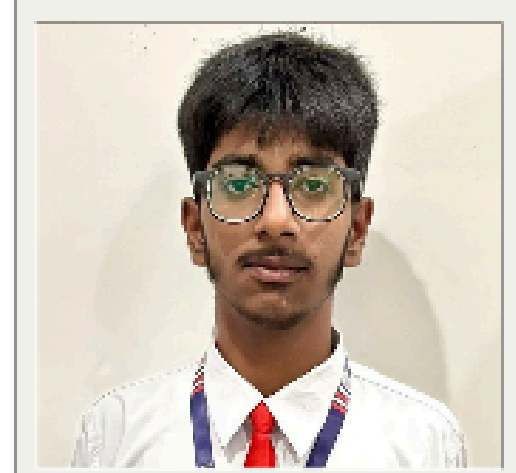
MANMEET KAUR
90.4%



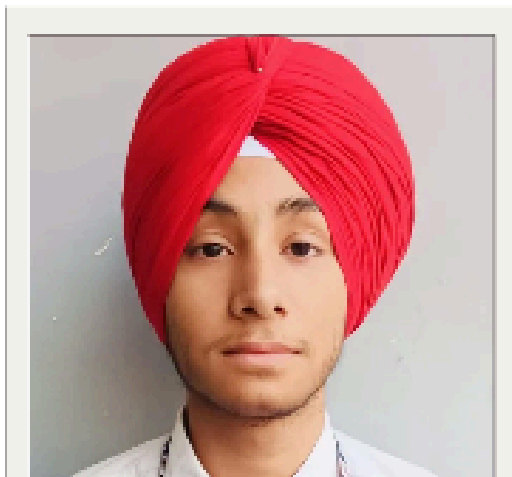
HARLEEN KAUR
90.4%



NAVNEET KAUR
90.4%



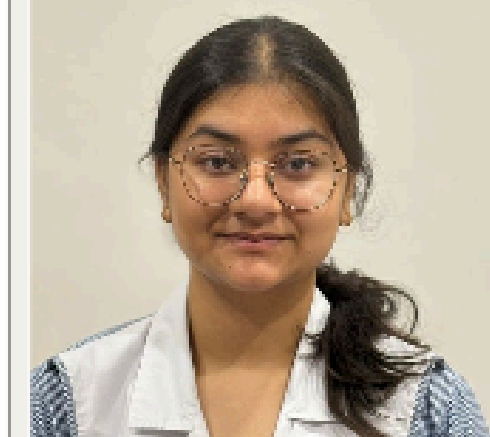
EKANPREET SINGH
90.2%



ISHAN SINGH
90.2%



LAKSHAY SHARMA
90.2%



ANUSHKA GUMBER
90.2%



JAIDITYA RANA
90%

Congratulations

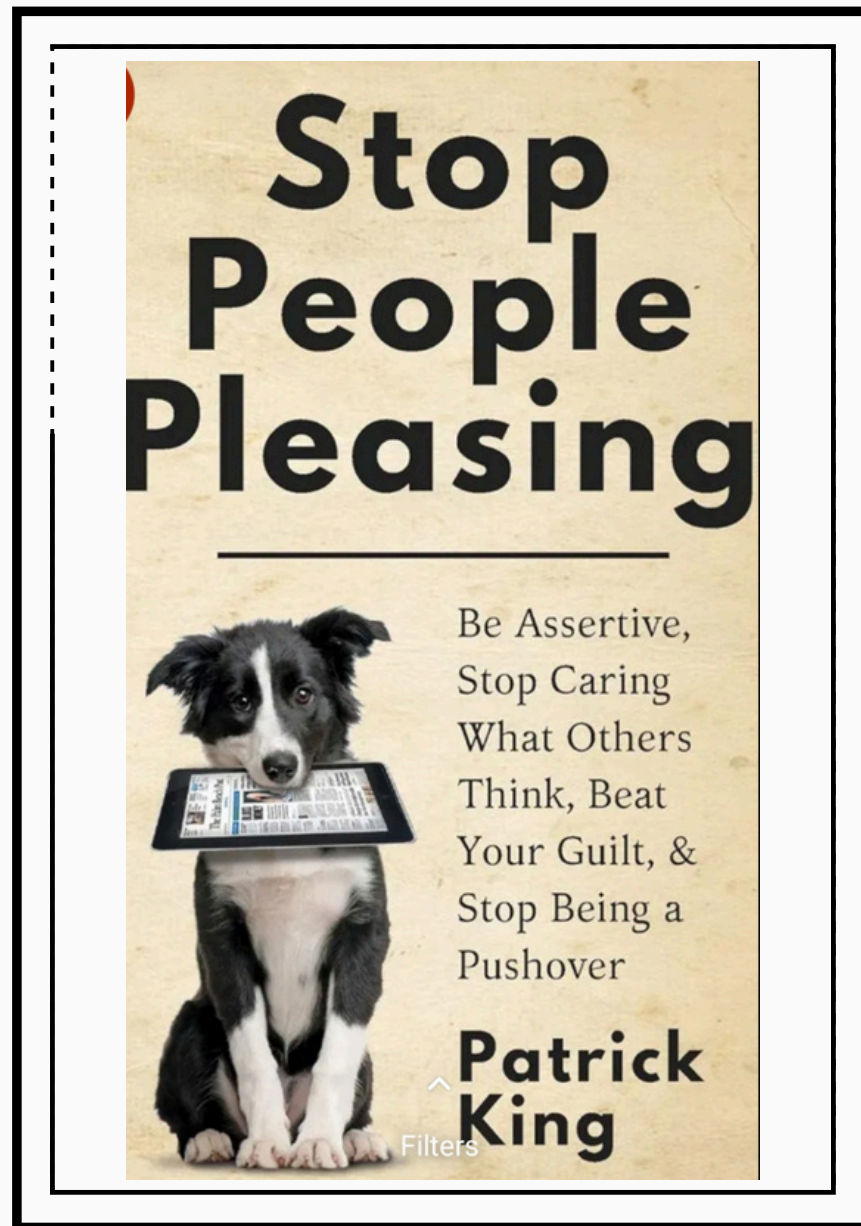
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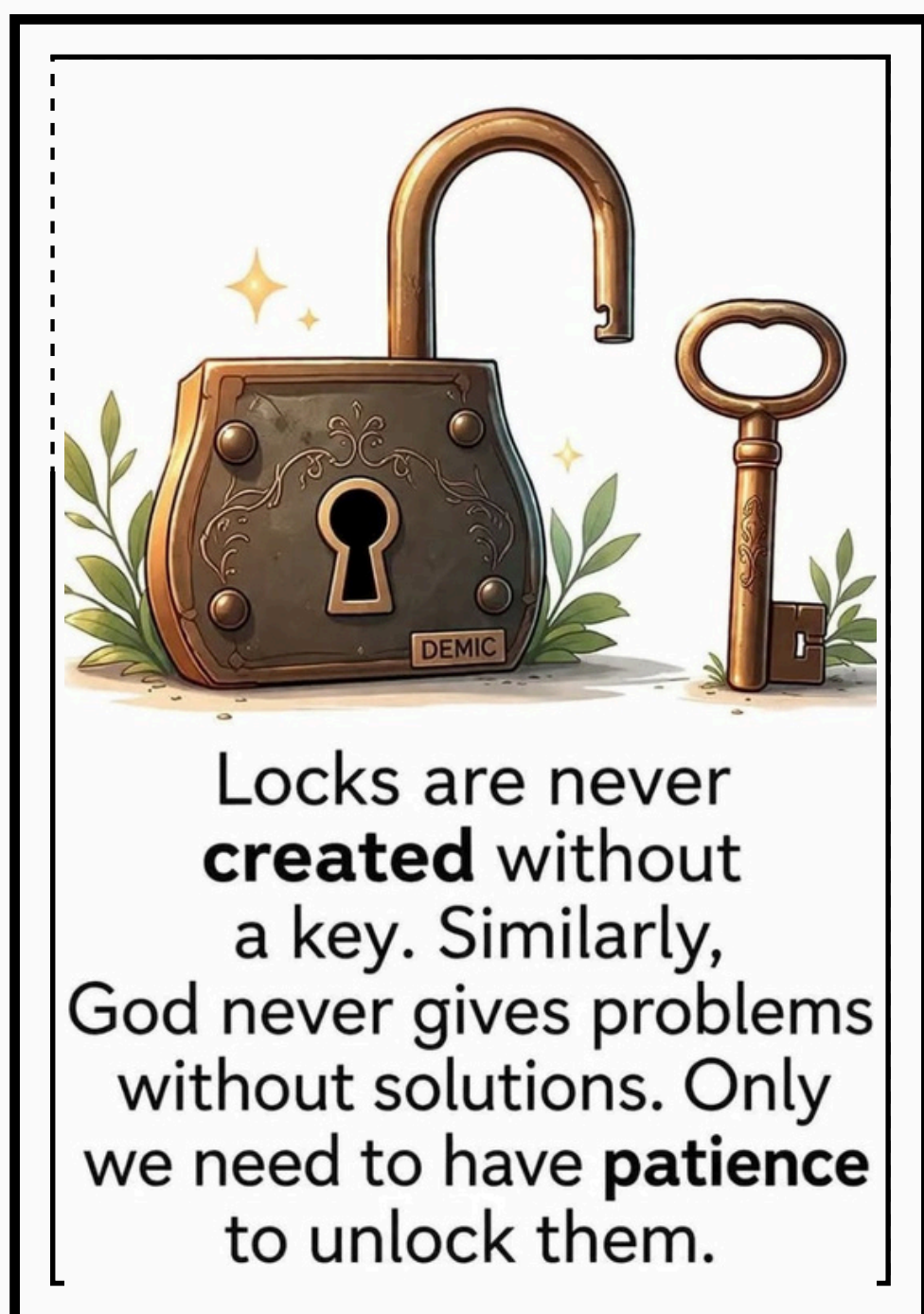
Friday

BOOK RECOMMENDATION : STOP PEOPLE PLEASING

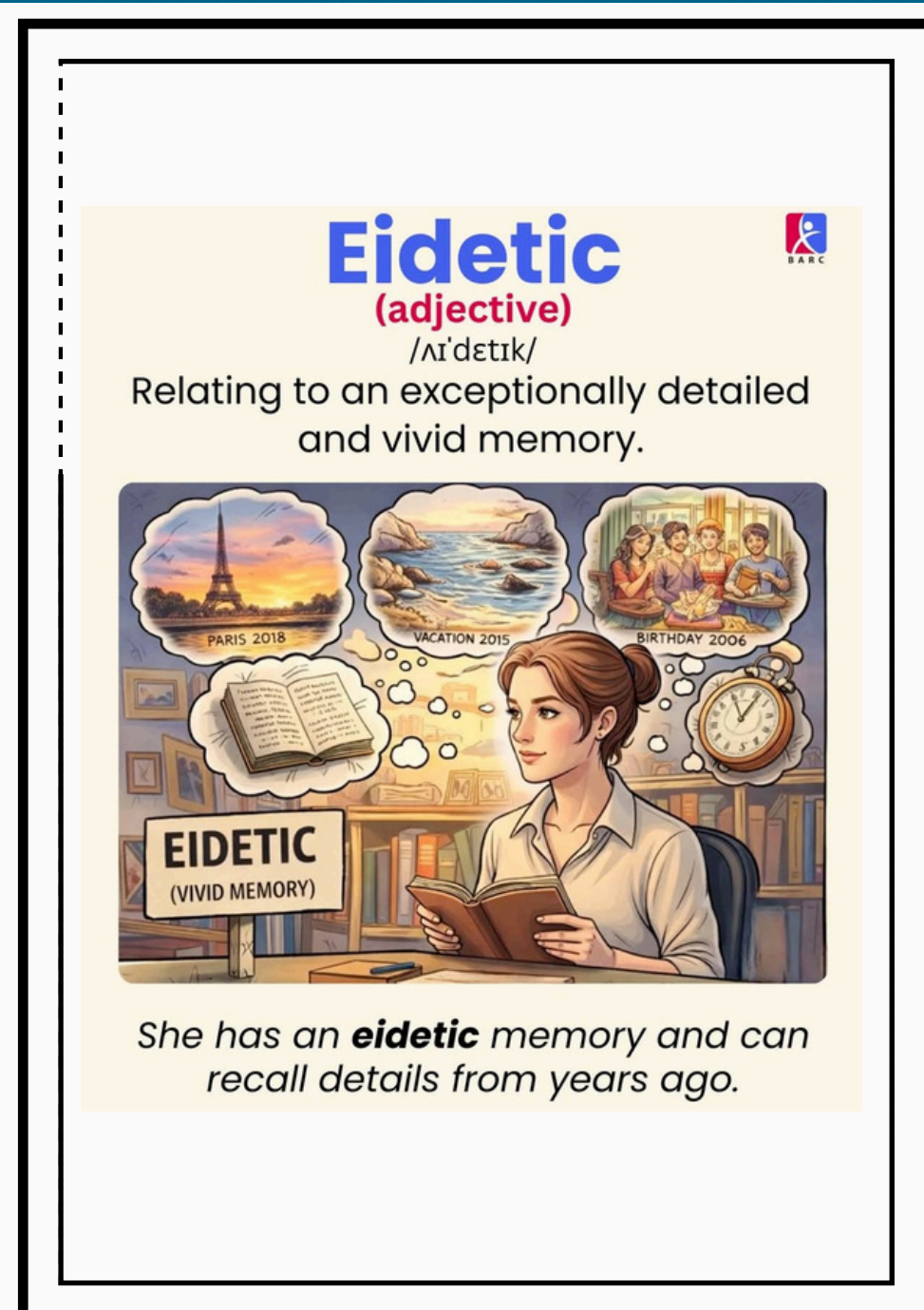


You can regret saying yes not because you wanted to help, but because you felt obligated. People pleasing often comes from fear—of rejection, conflict, or disappointing others—rather than genuine kindness. Constantly prioritizing others means neglecting your own needs, leading to frustration and burnout. Guilt when setting boundaries isn't proof you're wrong; it's often just unfamiliar. Assertiveness is about clear, respectful communication, not aggression. Not everyone will accept your limits, and that's okay. Choosing honesty over approval may feel uncomfortable, but it ultimately protects your peace and creates more balanced, authentic relationships.

THOUGHT OF THE DAY



WORD



THE BCM EDGE

18th April' 26

LEAD360 - EXPLORE, EXPRESS, EXCEL

Saturday

AARAMBH 2026: A GATEWAY TO EXPERIENTIAL LEARNING AND GLOBAL EXPOSURE



An enriching orientation session for Aarambh 2026 was conducted at the school premises by Ms. Diya Vohra and Mr. Bhupesh Sharma from MBCIE. The session aimed at introducing students of Classes VIII to XII to a unique ten-day extensive experiential learning programme designed to broaden their horizons beyond the classroom.

The speakers elaborated on the structure and vision of the programme, highlighting that students will have the opportunity to visit more than 16 cities across the country. The itinerary includes visits to prestigious Indian Institutes of Technology (IITs), renowned universities, leading industries, and interactive sessions with industry experts. The programme is thoughtfully curated to provide students with real-world exposure, helping them understand current trends, career opportunities, and the dynamic nature of various professional fields.

Ms. Gurpreet Kaur, Dean Administration, also addressed the students and encouraged them to actively participate in the programme scheduled for the month of June. She appreciated such initiatives that contribute significantly to the overall development of students and prepare them for future challenges.



THE BCM EDGE

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LEAD360 - EXPLORE, EXPRESS, EXCEL

Saturday

STARTING THE DAY ON A HIGH NOTE WITH
ENERGY, RHYTHM, AND POSITIVITY!



*Morning Zumba sessions that keep our spirits
uplifted and bodies moving! 💪 ☀️*

NUMBER TREASURE HUNT: A FUN WAY TO
BUILD EARLY NUMERACY SKILLS



A fun-filled Number Treasure Hunt activity was conducted for Grade I students on 15.04.26 to develop counting, number recognition, and sorting skills. Students enthusiastically participated by picking a mixture of items like cereals, beads, and pebbles, sorting them into groups, and counting them aloud. The hands-on activity made learning engaging and interactive while enhancing focus and observation skills.

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Saturday



THE INFINITE SCROLL: ARE WE PRESENT OR JUST PREVIEWING?

Life isn't meant to be lived through a screen. It is imperfect, real, and happening right now—and the more we look up, the more we realize that the moments that matter were always right in front of us.

Ms. Archana
IT Head

It's late at night. The room is quiet, but a cold blue light still glows on a tired face. This isn't a rare moment—it's a routine. Across homes, students and parents alike are caught in the same loop: scrolling endlessly, consuming constantly, yet somehow feeling empty.

We call it staying connected, but in reality, we are drifting away—from our surroundings, from conversations, and sometimes even from ourselves. The infinite scroll has turned us into observers, watching others instead of living our own stories.

This habit comes at a cost. We watch productivity videos instead of working, explore the world through screens instead of stepping outside, and often replace real experiences with the pressure to capture and post them. Even when we sit together, our attention is divided.

The solution is not to disconnect completely, but to reconnect with intention. Start your day without screens and let your thoughts lead. Experience moments without documenting everything—sometimes, just being present is enough.

Take control of what you consume. Choose content that adds value, not pressure. And instead of only consuming, try creating or simply engaging in meaningful conversations.



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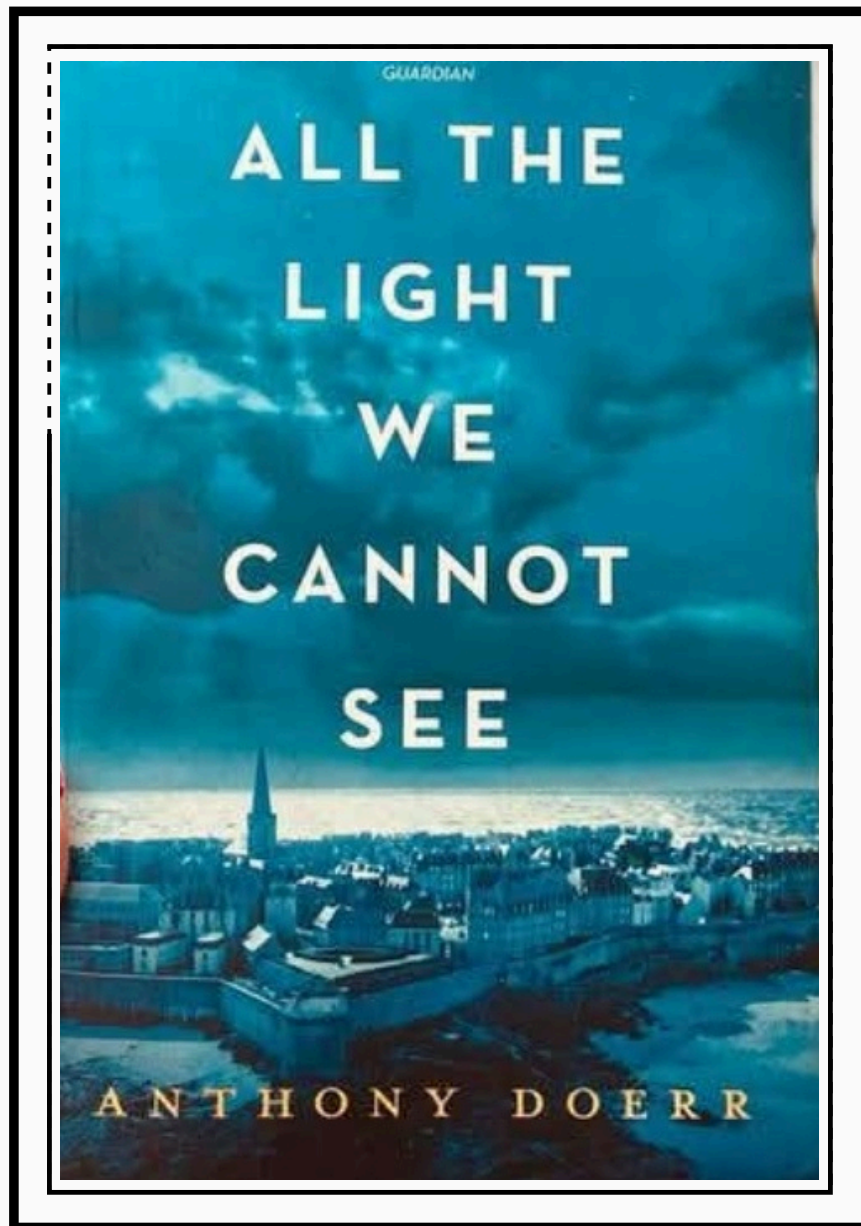
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BOOK RECOMMENDATION :

ALL THE LIGHT WE CANNOT SEE



All the Light We Cannot See by Anthony Doerr reveals how resilience and hope sustain people through war's devastation. It highlights the human cost of conflict, the power of kindness, and the moral complexity individuals face. The story values education and meaningful connections, showing how relationships provide strength. It portrays deep loss yet finds beauty in art, nature, and small moments. Ultimately, the novel explores humanity's search for purpose amid chaos, reminding readers that even in darkness, compassion, courage, and hope can endure and illuminate life.

THOUGHT OF THE DAY

Train your mind to notice the good, because even in difficult times there are still moments of peace worth holding onto.



WORD

DOGMATIC

/Adj./ /dóg-'ma-tik/

Means being too sure that your **beliefs or opinions** are correct and refusing to consider other ideas.



Synonyms:

- opinionated
- rigid
- close-minded

EXAMPLE

The manager was so **dogmatic** that he refused new suggestions.

THE BCM EDGE

20th April' 26

LEAD360 - EXPLORE, EXPRESS, EXCEL

Monday

INNOVATION IN ACTION: STEM SPARK CLUB IGNITES YOUNG MINDS WITH REAL-WORLD CHALLENGES

The STEM SPARK Club of the Senior Wing successfully organized an engaging and thought-provoking STEM Challenge, providing students with a dynamic platform to showcase innovation, teamwork, and practical application of scientific concepts.

Students of Classes IX and X enthusiastically participated in the Bridge Design STEM Challenge, where around 30 teams presented creative bridge models constructed using everyday and cost-effective materials.

Simultaneously, students of Classes XI and XII took part in the Disaster Management STEM Challenge, with nearly 40 teams presenting innovative prototypes focused on real-world crisis response. The exhibits featured practical solutions such as ropeway rescue systems, emergency stretcher lifting mechanisms, flood rescue platforms, mini rescue bridges, and pulley-based life-saving devices, reflecting the students' ability to address real-life challenges with ingenuity and purpose.

Principal Dr. Vandna Shahi applauded the students for their creativity, scientific temperament, and enthusiastic participation. She commended the efforts of the STEM SPARK Club for fostering an environment that inspires innovation and critical thinking, emphasizing the importance of such initiatives in nurturing future-ready learners.



THE BCM EDGE

20th April' 26

LEAD360 - EXPLORE, EXPRESS, EXCEL

Monday



NURSERY STUDENTS EXPLORE ART THROUGH FINGER PRINTING



An engaging Finger Printing Activity was conducted for the Nursery students introducing them to the joyful world of art and creativity.

Under the teacher's guidance, students dipped their fingers into vibrant paints and created beautiful impressions on a picture of grapes. The activity not only sparked their imagination but also made learning fun and interactive.

TINY STEPS, HUGE MILESTONES

When you work with little children every day, you begin to see something truly wonderful. Growth does not happen all at once. It happens slowly, gently, one small step at a time.

A child does not learn to read overnight. First, they learn to hold a book the right way. Then they learn their letters, then their sounds, and then one beautiful day, words begin to make sense. It is not magic. It is patience, practice and a whole lot of love.

The same is true for writing, sharing and listening. Every small thing a child learns is building something much bigger inside them. When they learn to wait their turn, they are learning patience. When they try a difficult task and do not give up, they are learning courage. When they are kind to friend, they are growing their heart.

As teachers, we do not always see the big moments right away. But we feel them coming. We see it in a child's eyes when something finally makes sense. We hear it in their voice when they believe in themselves for the first time. Every tiny step matters. Every small effort counts. And behind every huge milestone, there is a child who never stopped trying.

Anju Gupta

PRT



Make Progress
Every Day



THE BCM EDGE

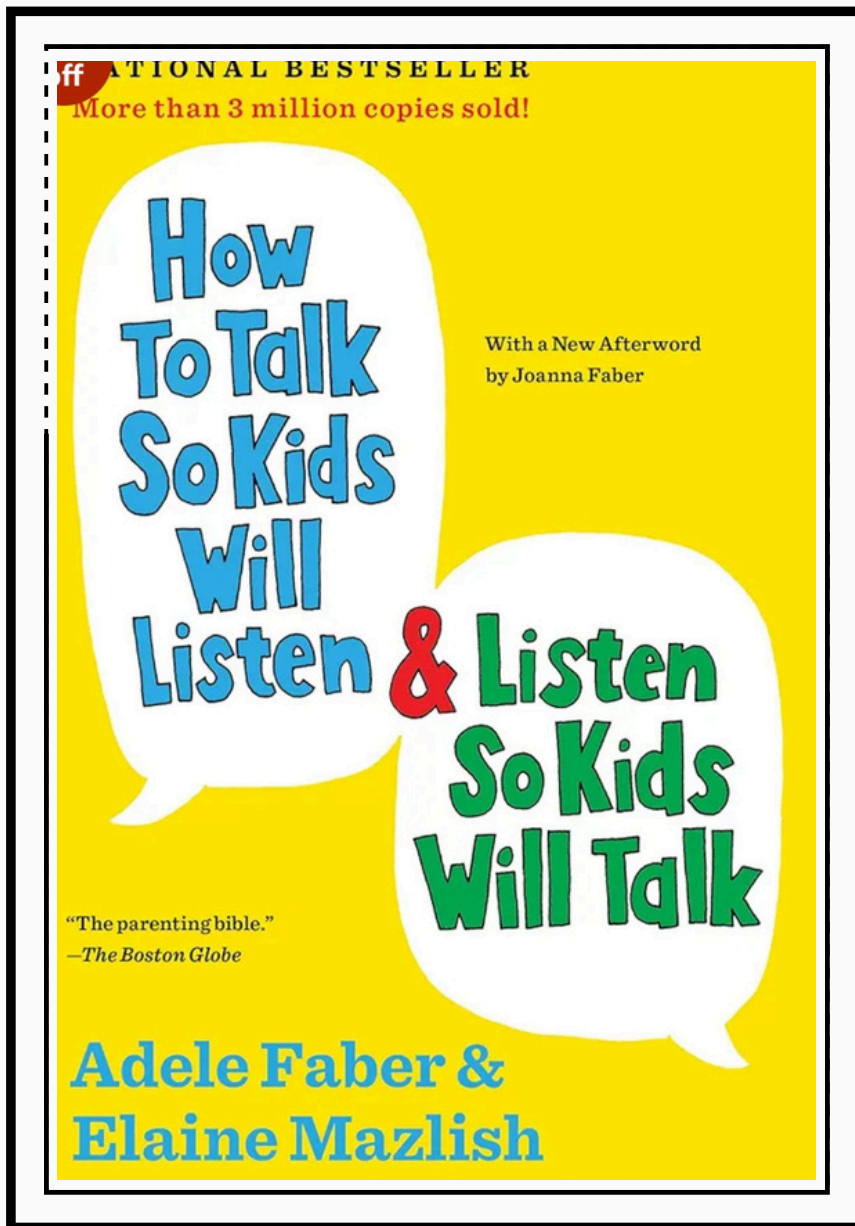
20th April' 26

LEAD360 - EXPLORE, EXPRESS, EXCEL

Monday

BOOK RECOMMENDATION :

HOW TO TALK SO KIDS WILL LISTEN



How to Talk So Kids Will Listen & Listen So Kids Will Talk by Adele Faber and Elaine Mazlish highlights practical ways to build better communication with children. The book promotes active listening, empathy, and involving children in problem-solving rather than using punishment. Respecting children's perspectives and modeling positive communication are key ideas. It also stresses creating a supportive environment where children feel safe to express themselves. Overall, the lessons focus on strengthening relationships, improving cooperation, and supporting children's emotional and social development through respectful and understanding communication.

THOUGHT OF THE DAY

The way you keep going, even when things feel heavy, is proof that you carry a strength most people never see.



WORD

Imbue

(im-BYOO) **Verb** World-Wide

To fill someone or something with a feeling or quality

✓ **Example:** English with Aadil Sir
Her teacher **imbued** her with confidence and courage.



THE BCM EDGE

21st April' 26

LEAD360 - EXPLORE, EXPRESS, EXCEL

Tuesday

CLASS I STUDENTS DISCOVER THE MAGIC OF VOWELS THROUGH ACTIVITY-BASED LEARNING

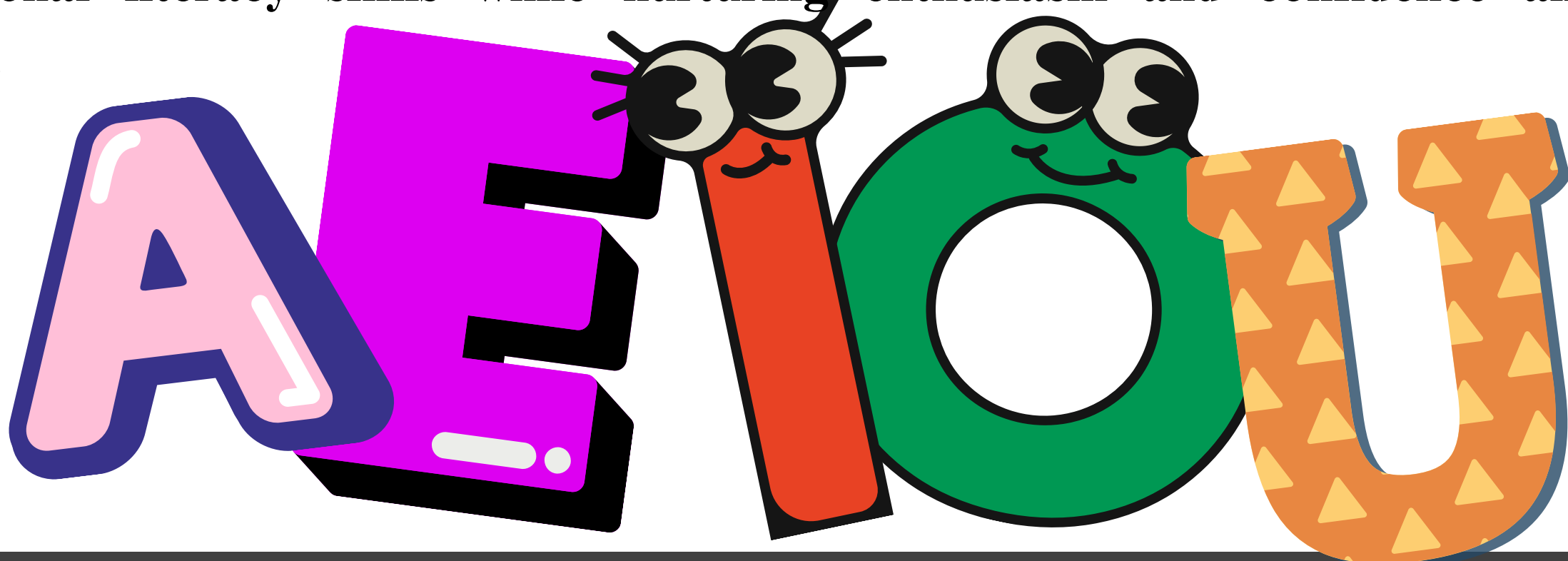


BCM Kindergarten organized an engaging and interactive activity, “Vowel Hunt,” for Class I students to strengthen their understanding of vowels and their role in word formation. The activity was thoughtfully designed to make learning enjoyable and meaningful.

Teachers arranged consonant flashcards to form incomplete words, leaving blanks for vowels. Students were encouraged to carefully observe the given letters and identify the missing vowels. Words like O R _ N G _ sparked curiosity among learners, who enthusiastically selected the correct vowel flashcards to complete meaningful words such as ORANGE.

The activity witnessed active participation, fostering a joyful and stimulating learning environment in the classroom. It helped students recognize vowels, enhance their spelling skills and develop observation and critical thinking abilities.

Principal Dr. Vandna Shahi remarked that such activities effectively strengthen foundational literacy skills while nurturing enthusiasm and confidence among young learners.





BCM SCHOOL

BASANT AVENUE, DUGRI ROAD, LUDHIANA

BCMF
BCM FOUNDATION

THE BCM EDGE

20th April '26

LEAD360 - EXPLORE, EXPRESS, EXCEL

Monday

THE JOY OF LEARNING AT BCM SCHOOL

'Every day is a chance to learn something new—let's make the most of it.'



At BCM School, learning is not confined to textbooks or classrooms; it unfolds in every moment of the school day, making education truly meaningful and alive.

The day begins with a vibrant morning assembly that brings the school together in unity. Prayers, the thought for the day and fitness activities create a positive start, nurturing discipline, spirituality and energy. A smiling greeting, a thoughtful message or a shared moment of silence often becomes the first lesson of the day.

Inside classrooms, learning takes shape through stories, experiments, discussions and creative tasks that encourage curiosity and active participation. In group activities and peer interactions, children learn to express ideas, listen with respect and grow in confidence.

Beyond academics, learning continues naturally in playgrounds, corridors and informal conversations. A helping hand offered to a support staff member, teamwork during sports or sharing lunch with a friend—all become valuable life lessons in kindness, cooperation and empathy.

At BCM School, every experience matters. Guided by teachers and supported by parents, children grow in an environment where learning is joyful, meaningful and continuous.

Here, learning is not just preparation for life—it is life itself.

Shallu Kapoor

PRT English

'Education is the movement from darkness to light.'

~ Allan Bloom



THE BCM EDGE

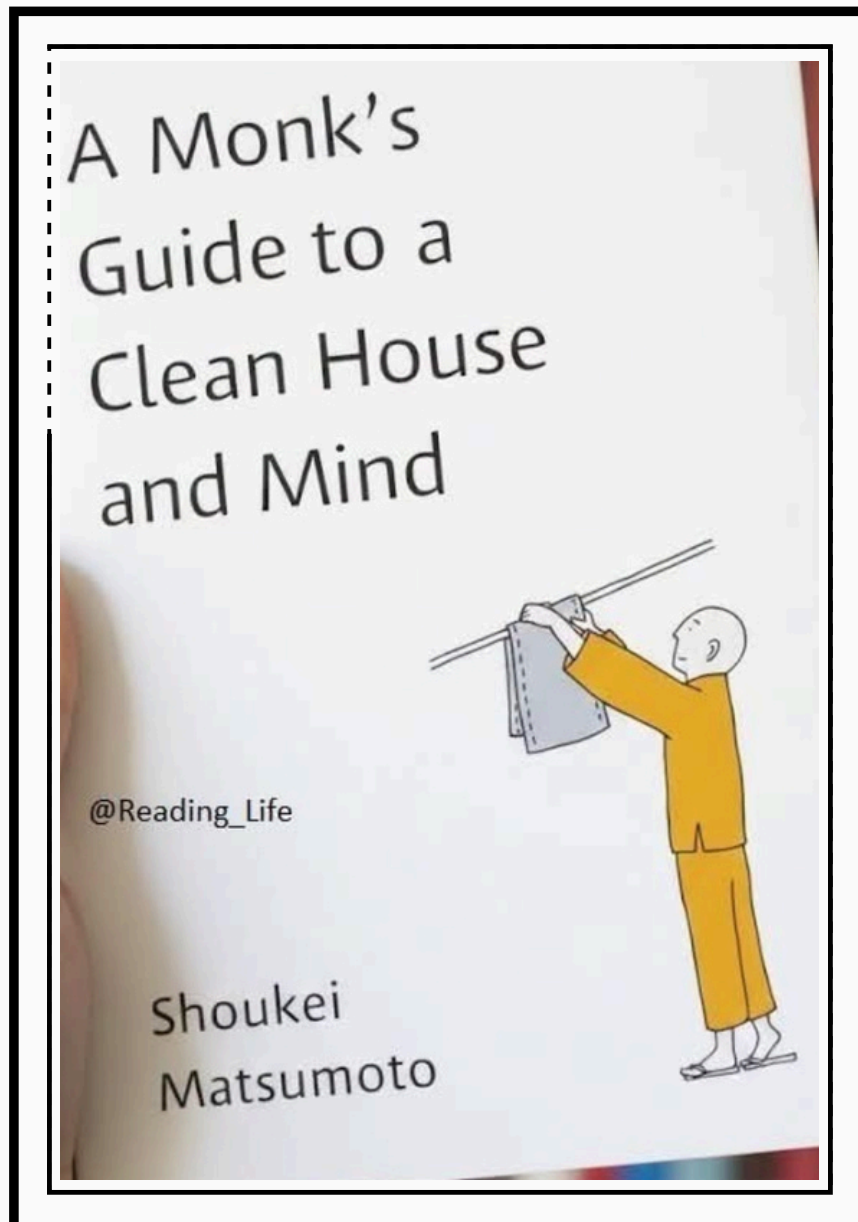
21st April '26

LEAD360 - EXPLORE, EXPRESS, EXCEL

Tuesday

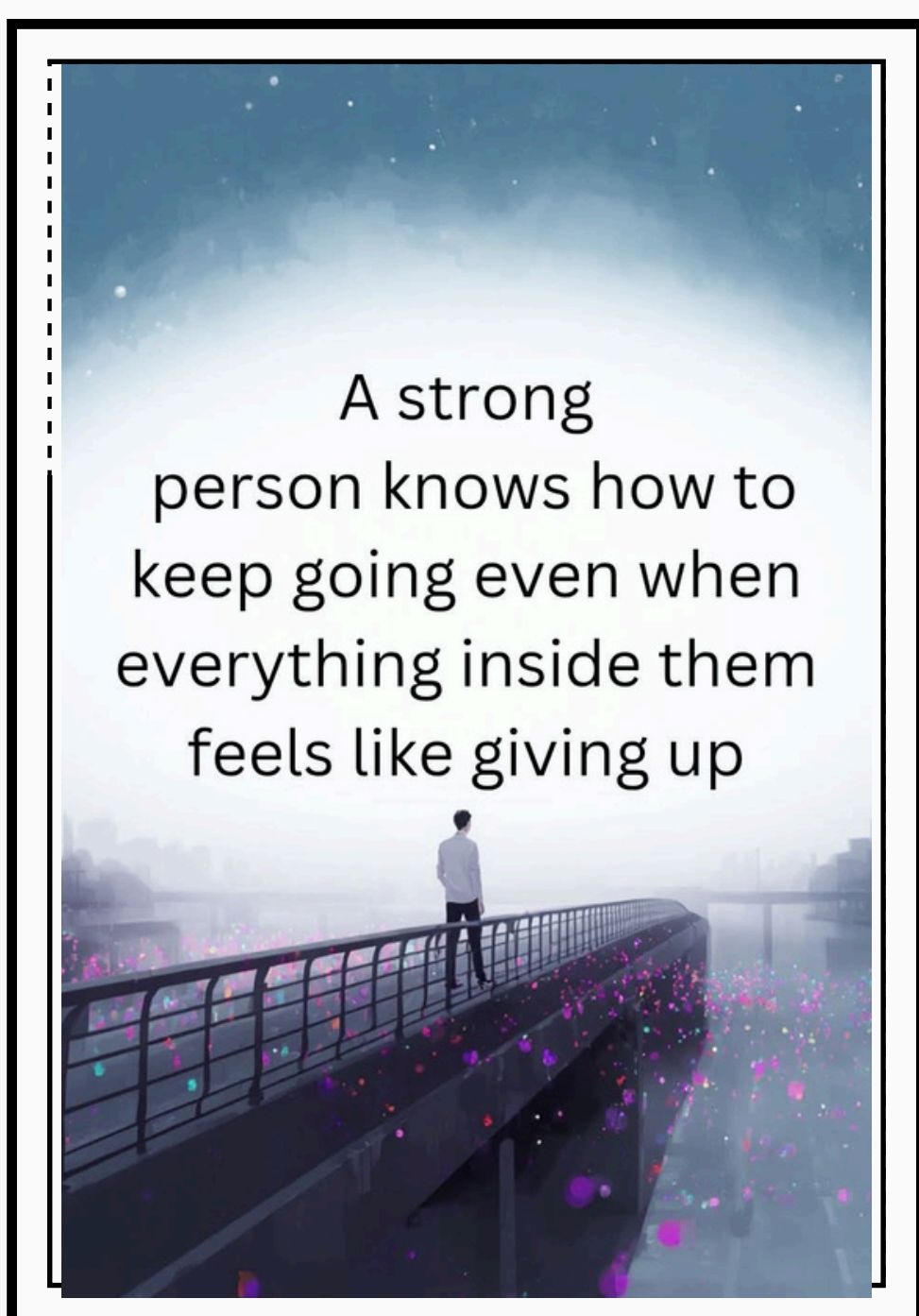
BOOK RECOMMENDATION :

A MONK'S GUIDE TO A CLEAN HOUSE AND MIND

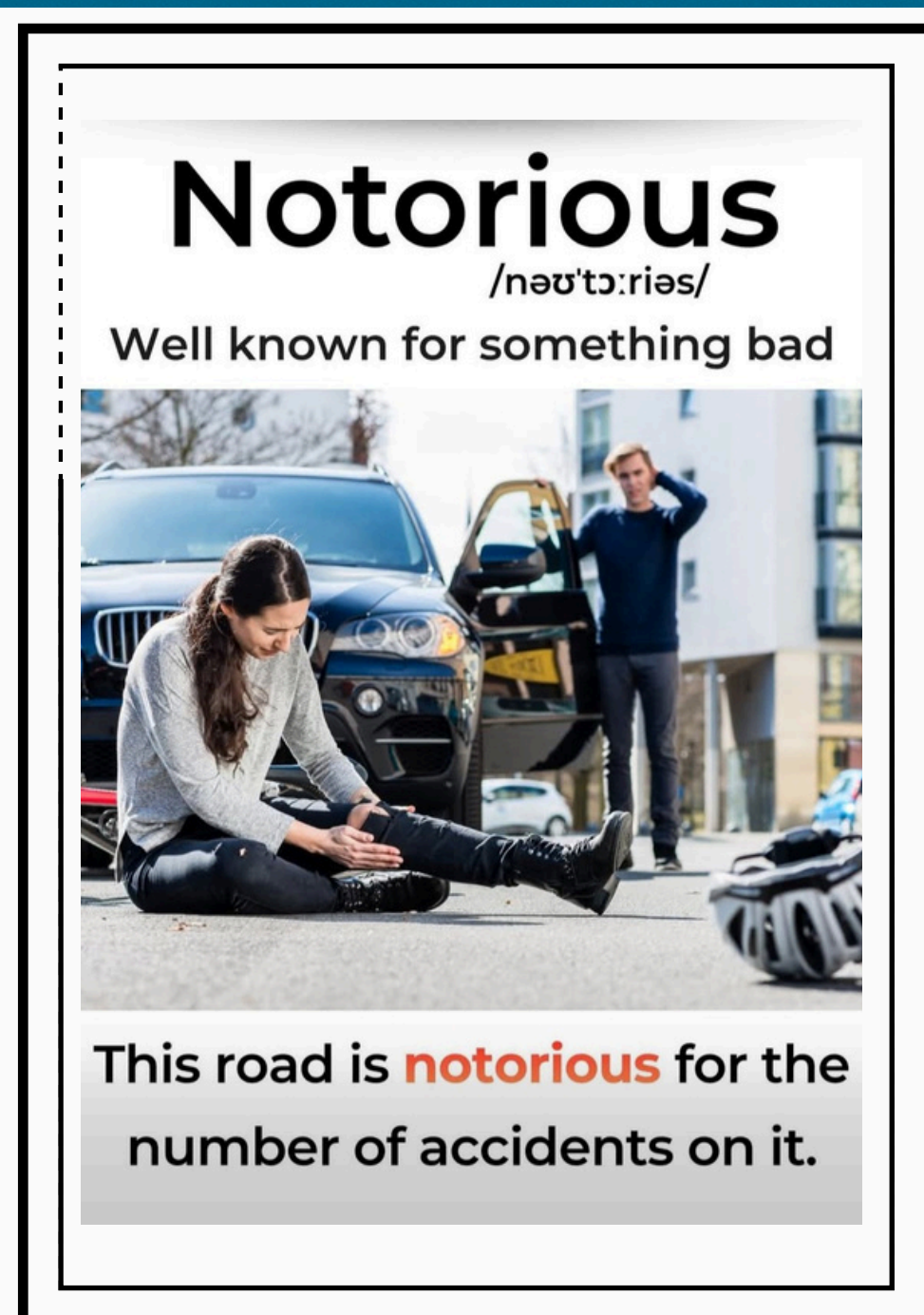


Reading *A Monk's Guide to a Clean House and Mind* reframed cleaning as something deeper than a task. It becomes a mindful, almost spiritual practice where small, consistent actions shape both space and mind. The book shows how our surroundings mirror our inner state, and how caring for objects reflects gratitude for life itself. Letting go, physically and emotionally, creates clarity and lightness. What stayed with me most is the idea that cleaning is not about perfection or impressing others, but about honoring your own life with presence, care, and quiet appreciation in everyday moments.

THOUGHT OF THE DAY



WORD



THE BCM EDGE

22nd April' 26

LEAD360 - EXPLORE, EXPRESS, EXCEL

Wednesday

MR. BALA KUMAR ENLIGHTENS BCM SCHOOL STUDENTS ON OVERSEAS EDUCATION OPPORTUNITIES



Our school organized an enlightening and career-oriented session on overseas education for students of Classes XI and XII. The session was conducted by Mr. Bala Kumar from Mancomp, a distinguished business educationist and an empowering leader known for guiding students towards global academic opportunities.

The session proved to be highly informative and engaging as Mr. Bala Kumar shared valuable insights into studying abroad. He elaborated on various international universities, highlighting their unique advantages, academic standards, and diverse opportunities available to students. He also guided students through the application process, offering clarity on eligibility, documentation, and essential steps required to pursue higher education overseas.

Principal Dr. Vandna Shahi appreciated the initiative, stating that such sessions play a crucial role in helping students make informed career decisions in an increasingly globalized world. Director of School Education, Mr. Amitava Ghosh, also lauded the effort, emphasizing the importance of awareness and guidance in shaping students' futures.



THE BCM EDGE

22nd April' 26

LEAD360 - EXPLORE, EXPRESS, EXCEL

Wednesday

COLOURS AND CREATIVITY BLOOM IN LKG SWAB PRINTING ACTIVITY



To nurture creativity and strengthen fine motor skills among young learners, a delightful Swab Printing activity was conducted for LKG students. Art plays a vital role in early childhood as it encourages self-expression, enhances coordination and provides a joyful medium for learning.

During the activity, students used ear buds dipped in vibrant poster colours to create beautiful impressions on ice-cream images. The teacher first demonstrated the technique of gently dipping the ear bud into the paint and dabbing it carefully to form neat, colourful dots. The little artists enthusiastically explored different colours, making their artwork bright and visually appealing.



STAY HUNGRY, STAY FOOLISH: A LESSON IN LIFE FROM STEVE JOBS



In the morning assembly, Mr. Harsh Varma, Tinkering and Innovation Head, presented an inspiring talk on the life and philosophy of Steve Jobs. He shared four powerful lessons: Connect the dots—trust that present efforts will shape the future; Failure is not the end—setbacks are stepping stones to success; Do what you love—passion drives excellence; and Think differently—innovation begins with courage to stand apart.

Through real-life examples, students learned how Jobs transformed challenges into opportunities and followed his vision relentlessly. The talk concluded with the iconic message, “Stay Hungry, Stay Foolish,” encouraging everyone to keep learning, dreaming, and striving for meaningful impact.

THE BCM EDGE

22nd April' 26

LEAD360 - EXPLORE, EXPRESS, EXCEL

Wednesday

CULTIVATING THE GROWTH MINDSET: FROM POTENTIAL TO POWER

Ms. Renu Grover

PGT English



The journey towards excellence is rarely a sprint; it is a marathon fuelled by the quiet power of consistency. As students navigate the challenges of the academic year, they must remember that greatness is not only reserved for the "naturally gifted," but also for those who show up every single day with a commitment to improve. Small, disciplined actions—reading a few extra pages, practising a difficult concept, or refining a single paragraph—may seem insignificant in the moment, but these are the steps that lead to the zenith of one's career. Real growth begins where the comfort zone ends. It is easy for learners to stay within the boundaries of what they already know, but true intellectual and personal expansion requires the courage to be a beginner again and to risk committing errors in the pursuit of mastery.

Adopting a growth mindset is the most transformative tool, the students can carry in their educational journey. This perspective allows a person to view a setback not as a permanent reflection of their abilities, but as an essential feedback for the next attempt. When a student encounters a wall, he should not say "I can't do this"; instead, he can empower himself with the words "I haven't done this yet." This subtle shift in language will enable him to see his innate potential where others see dead ends. It turns the classroom from a place of judgement into a laboratory of possibility. One must understand that every hour of focused effort is an investment in a more capable version of oneself.

Most importantly, the foundation of all achievements is an unwavering belief in one's own potential. If a student does not believe in his capacity to learn and adapt, no amount of talent will bridge the gap. Self-belief is not about being perfect; it is about trusting that one has the resilience to handle imperfection. Every individual is the primary author of his own story. Students who embrace the friction of learning with a smile can trust that with consistent effort and a heart open to challenge, there is no horizon they cannot reach. Human potential is limited only by the boundaries people place upon themselves; therefore, students should dare to dream broadly and work deeply. By choosing growth over comfort and effort over ease, one can transform one's aspirations from mere dreams into an inevitable reality.

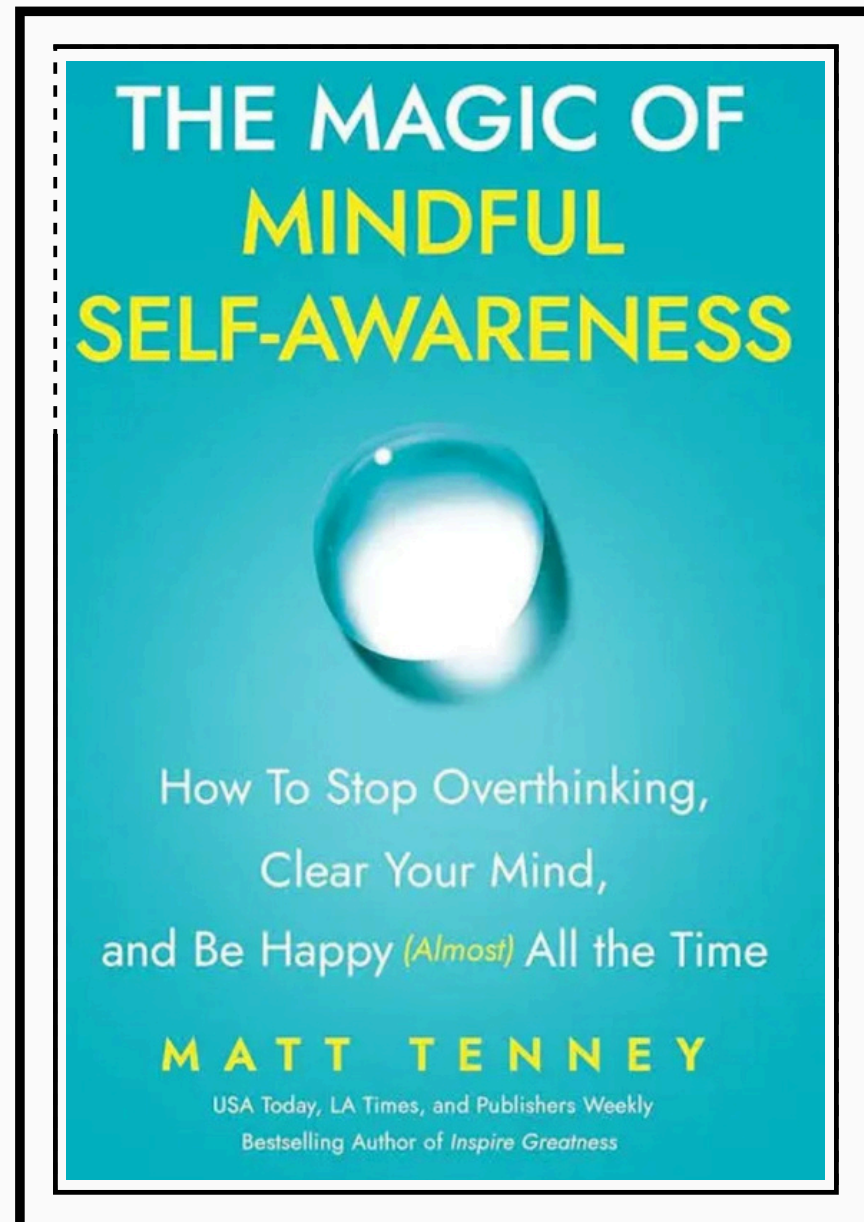
THE BCM EDGE

22nd April' 26

LEAD360 - EXPLORE, EXPRESS, EXCEL

Wednesday

BOOK RECOMMENDATION : THE MAGIC OF MINDFUL SELF AWARENESS



I once tried to “just relax” during meditation and ended up frustrated by nonstop thoughts. That’s why Matt Tenney’s approach in *The Magic of Mindful Self-Awareness* stands out. He explains that you are not your thoughts—they’re like background noise you can notice and redirect. Overthinking isn’t a flaw but a habit that can change. You don’t need an empty mind, just a focused one. Emotions aren’t instructions; they’re signals. Happiness isn’t eliminating negative thoughts but choosing where attention goes. The practice is simple: notice, refocus, and begin again—even when your mind refuses to cooperate. It gets easier with consistent effort.

THOUGHT OF THE DAY

You have
the power to create
the life you want if you
stay committed to
your goals



WORD

Subtlety

/ˈsʌtli/

A small but important detail



Her understanding of light brings
great **subtlety** to her painting

THE BCM EDGE

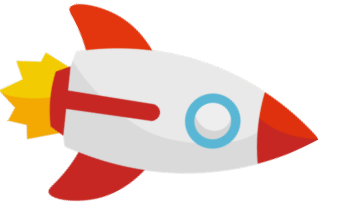
23rd April' 26

LEAD360 - EXPLORE, EXPRESS, EXCEL

Thursday



BCM DUGRI STUDENT CREATES HISTORY WITH SELECTION TO ISRO'S YOUNG SCIENTIST PROGRAMME



A HISTORIC TRIUMPH IN
ISRO's -YUVIKA 2026



JAISMEEN TIWARI
Class X Daisy
Has been selected for
ISRO's YOUNG SCIENTIST PROGRAMME
to be held at the
Regional Remote Sensing Centre, Jodhpur



BCM School proudly celebrates the remarkable achievement of its Class X student, Jaismeen Tiwari, who has been selected for the prestigious Young Scientist Programme (YUVIKA-2026) conducted by the Indian Space Research Organisation (ISRO).

YUVIKA is a highly competitive, fully sponsored two-week residential programme designed to nurture young scientific minds and promote interest in space science. Jaismeen will undergo training at the Regional Remote Sensing Centre, Jodhpur, from May 10 to May 22, 2026, where she will gain exposure to advanced concepts through expert sessions, lab visits, and hands-on activities.

Expressing her joy, Jaismeen shared that this opportunity will help her explore her passion for space science and shape her future career. She also thanked the school for its constant support and guidance.

Principal Dr. Vandna Shahi congratulated her on this outstanding accomplishment, praising her dedication and perseverance. Director of School Education, Mr. Amitava Ghosh, also lauded her success, calling it an inspiration for students and highlighting the importance of such national-level platforms in fostering future innovators.

THE BCM EDGE

23rd April' 26

LEAD360 - EXPLORE, EXPRESS, EXCEL

Thursday

STUDENTS LEAD THE WAY ON EARTH DAY

The school celebrated Earth Day 2026 with great enthusiasm and a strong sense of environmental responsibility, aligned with the global theme “Our Power, Our Planet.” The occasion aimed to sensitize students towards environmental conservation and inspire them to take meaningful action.

The students of the school actively participated in a series of engaging activities designed to promote environmental awareness and responsibility. As a mark of respect, Earth Day badges were presented to the higher authorities before the commencement of the activities. A thought-provoking Nukkad Natak highlighted pressing environmental challenges, while an awareness rally echoed with impactful slogans advocating the protection of nature. An informative awareness drive was conducted to encourage eco-friendly habits and sustainable practices among students.

The programme concluded with a collective Earth Day pledge, where all students reaffirmed their commitment to safeguarding the planet and contributing towards a greener and healthier future.



THE BCM EDGE

23rd April' 26

LEAD360 - EXPLORE, EXPRESS, EXCEL

Thursday

“शब्द बनाओ – आगे बढ़ो”



An engaging and educational activity titled “शब्द बनाओ – आगे बढ़ो” was conducted for Grade I students on April 17, 2026, with the objective of strengthening their understanding of Hindi letters (वर्ण) and word formation(शब्द). The activity also focused on the correct usage of ‘आ की मात्रा (ा)’ in a fun-filled and interactive manner.

During the session, students were provided with flashcards of Hindi letters and were encouraged to arrange them to form meaningful 2, 3 and 4-letter words. The young learners participated with great enthusiasm and successfully formed words such as बस, हवन, बरतन, and गाजर, showcasing their growing language skills.

The activity proved to be highly effective in enhancing students’ vocabulary, reading ability and recognition of Hindi sounds, while making the learning process enjoyable and participative.

Appreciating the efforts, the esteemed Principal, Dr. Vandna Shahi, remarked that such innovative activities play a crucial role in building a strong foundation in language learning. She emphasized that interactive methods not only make learning enjoyable but also help in developing confidence and creativity among young learners.

THE BCM EDGE

23rd April' 26

LEAD360 - EXPLORE, EXPRESS, EXCEL

Thursday

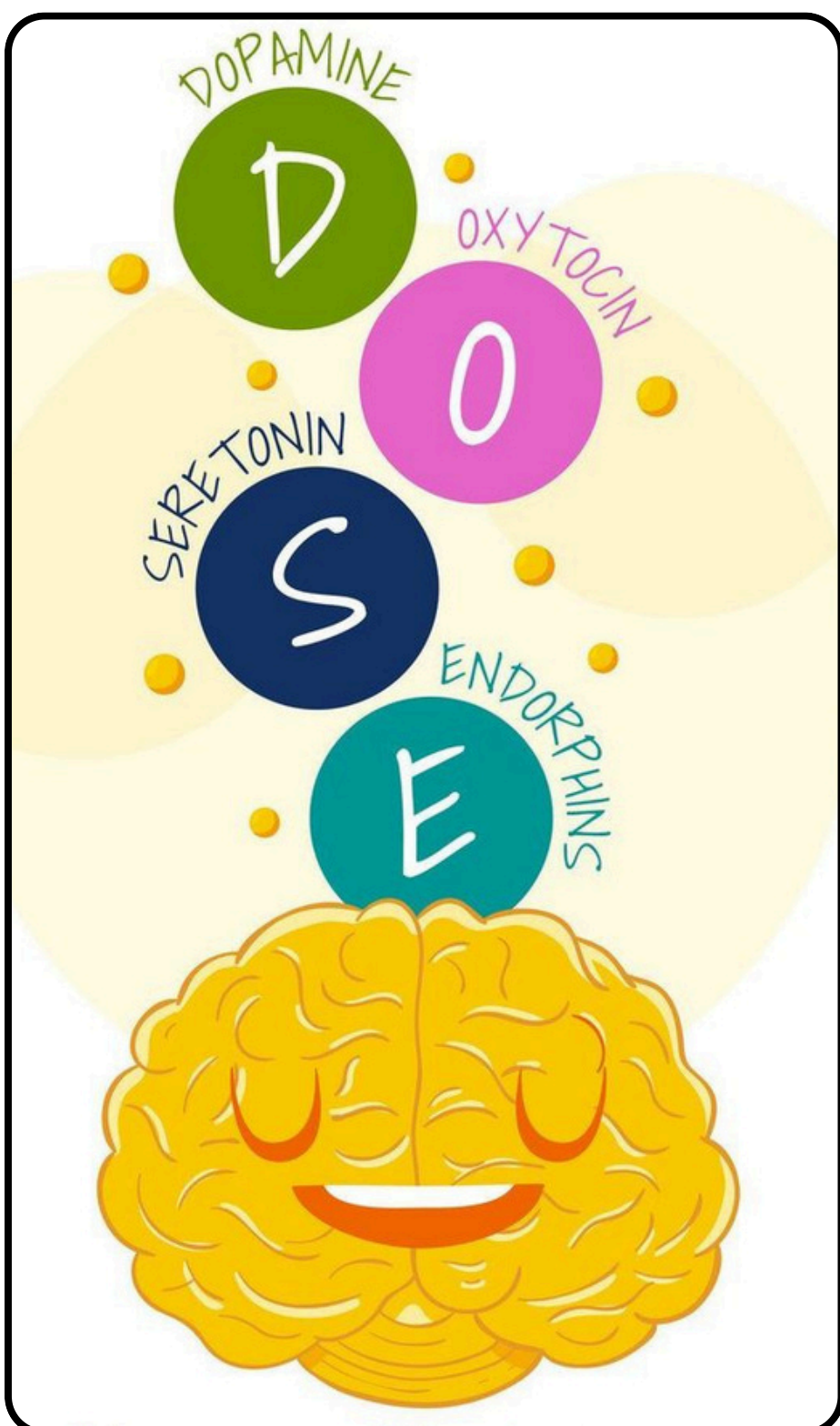


Ms. Charanjeet Kaur

School Counselor

THE MAGIC INSIDE YOU:

**UNDERSTANDING
DOSE – YOUR
HAPPY
HORMONES**



Have you ever wondered why you feel super happy after playing with friends, helping someone, or even finishing your homework on time? That “feel-good” feeling is not magic from outside—it comes from inside your body! It is created by four special chemicals called the DOSE hormones.

DOSE stands for Dopamine, Oxytocin, Serotonin, and Endorphins—your body’s natural “happy team” that helps you feel joyful, calm, and confident.

D for Dopamine – The Reward Champion

Dopamine is released when you achieve something. It could be solving a tough question, scoring a goal, or even completing a small task like organizing your bag. Every time you finish something, your brain celebrates with a little burst of happiness. So, remember—set small goals and enjoy the joy of achieving them!

O for Oxytocin – The Friendship Hormone

Oxytocin is all about love, trust, and connection. When you hug your parents, smile at a friend, or help someone, this hormone increases. It makes you feel warm and cared for. A simple act of kindness can make both you and others happy!

S for Serotonin – The Mood Stabilizer

Serotonin helps you feel calm, confident, and important. It grows when you spend time in sunlight, exercise, or feel proud of yourself. Even appreciating your own efforts—like saying “I did my best”—can boost serotonin.

E for Endorphins – The Stress Busters

Endorphins are released when you laugh, dance, play, or do physical activities. They help reduce stress and make you feel light and energetic. Ever noticed how you feel better after laughing with friends? That’s endorphins at work!

How Can You Boost Your DOSE Every Day?

Play outdoor games, laugh often, help others, spend time with family, set small goals, and celebrate your efforts. These simple habits can keep your “happy hormones” active.

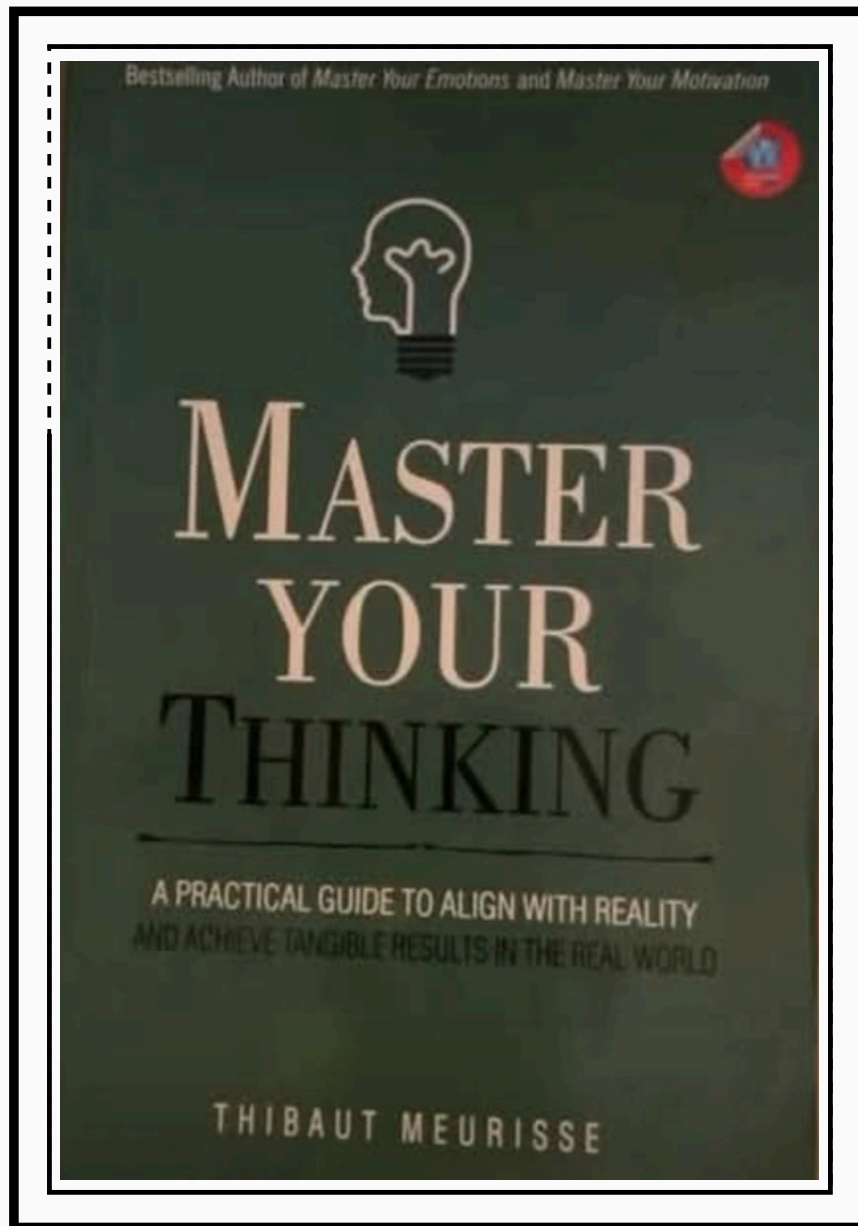
THE BCM EDGE

23rd April' 26

LEAD360 - EXPLORE, EXPRESS, EXCEL

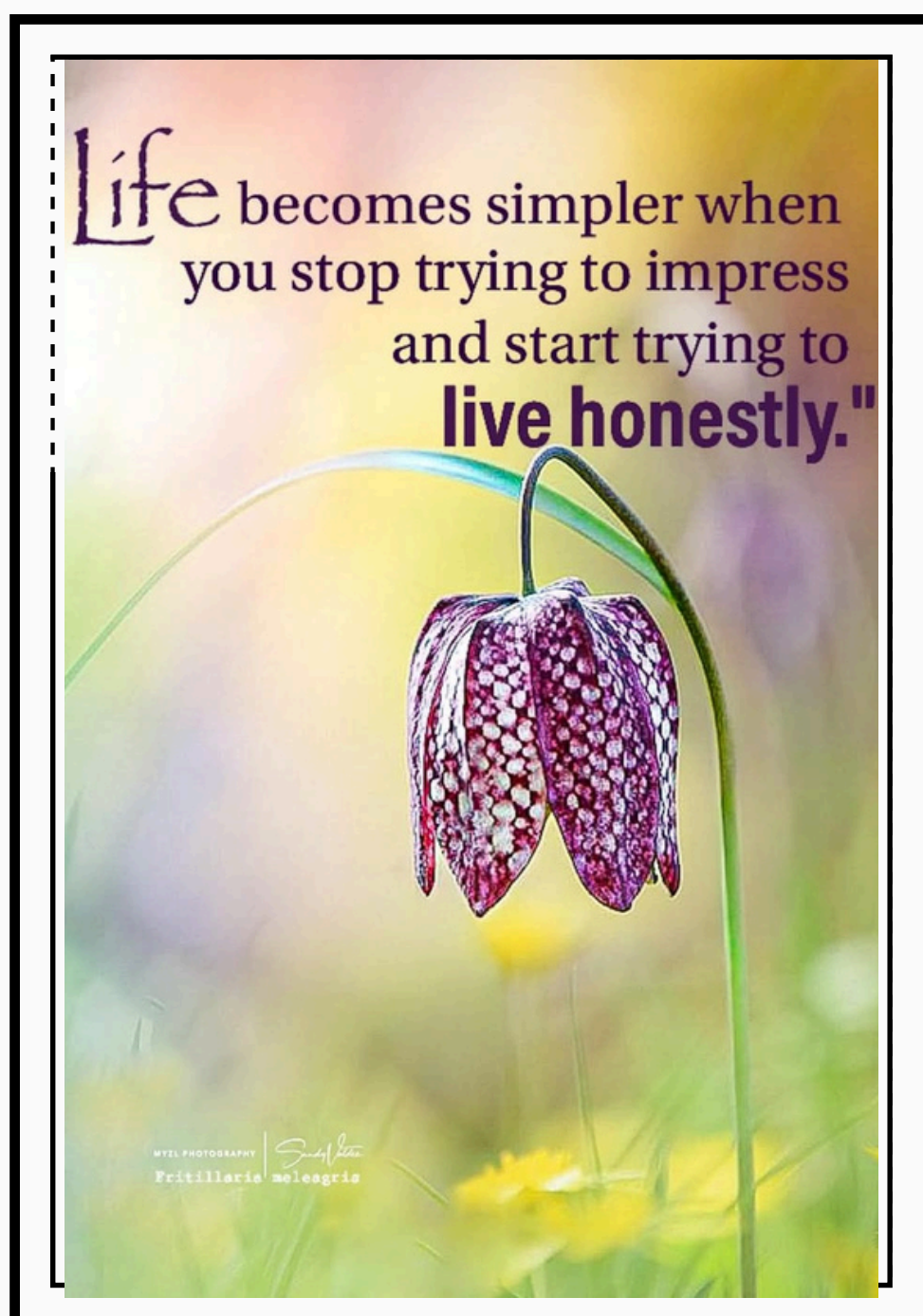
Thursday

BOOK RECOMMENDATION : THE MAGIC OF MINDFUL SELF AWARENESS

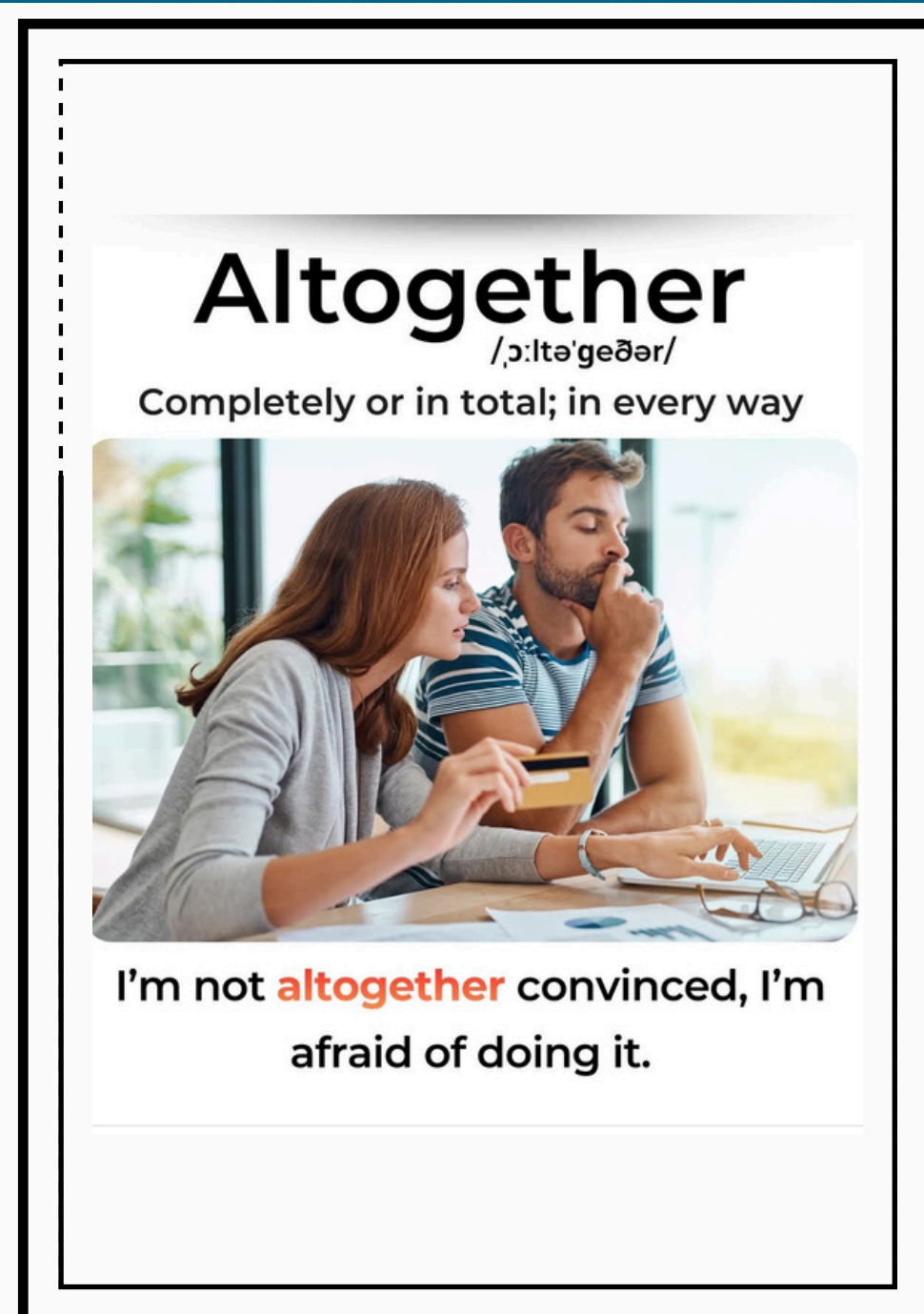


Master Your Thinking by Thibaut Meurisse teaches that thoughts quietly shape your life. You are not your thoughts—you can observe and redirect them. Negative patterns are learned and can be changed. What you focus on shapes your emotions, and beliefs often drive behavior more than facts. By reframing situations, you can turn challenges into growth. Consistent, intentional thinking creates lasting results. Ultimately, mastering your mind leads to more deliberate choices and a more meaningful life—because how you think determines how you experience everything.

THOUGHT OF THE DAY



WORD



THE BCM EDGE

24th April' 26

LEAD360 - EXPLORE, EXPRESS, EXCEL

Friday

BCM KINDERGARTEN CELEBRATES WORLD EARTH DAY WITH GREEN INITIATIVES AND ENTHUSIASM

BCM Kindergarten celebrated World Earth Day with great enthusiasm and a strong commitment towards environmental sustainability by organising a series of meaningful and engaging activities under the theme “Uniting for a Greener Tomorrow.” The celebration was initiated with a plantation drive led by the esteemed Principal, Dr. Vandna Shahi, along with the enthusiastic BCMites, setting a powerful example of collective responsibility towards nurturing nature. The day further commenced with a vibrant plantation awareness rally, where students marched with zeal, raising impactful slogans like “Our Earth, Our Responsibility” and “Act Green, Breathe Clean.” The rally served as a strong reminder of the urgent need to conserve our environment. Students participated in Rhyme Recitation, beautifully expressing their love and concern for Mother Earth through thoughtful verses. The celebration was further enriched with creative art and craft activities, where little hands showcased their imagination by making eco-friendly art, reinforcing the importance of the 3R’s—Reduce, Reuse and Recycle. A lively dance performance by the young learners highlighted the significance of plantation and conservation.



THE BCM EDGE

24th April' 26

LEAD360 - EXPLORE, EXPRESS, EXCEL

Friday

RIYA SINGLA SECURES THIRD POSITION AT PCTE'S STEM FEST



BCM School takes immense pride in celebrating the remarkable achievement of Riya Singla of Class XII Commerce B, who secured the third position in the Corporate Snakes and Ladder event under the Vappar Category at the prestigious STEM Fest organized by PCTE.

Demonstrating sharp analytical skills and strategic thinking, Riya stood out among numerous participants, earning accolades for her commendable performance. Her achievement was recognized with a trophy and a cash prize of ₹1,000, marking a significant milestone in her academic journey.

The school Principal, Dr. Vandna Shahi, extended her heartfelt congratulations to Riya for this stellar accomplishment. She applauded her dedication and encouraged her to continue striving for excellence in all future endeavors.

The achievement reflects the school's commitment to nurturing talent and providing students with opportunities to excel beyond the classroom.

THE BCM EDGE

24th April' 26

LEAD360 - EXPLORE, EXPRESS, EXCEL

Friday



**FALL SEVEN TIMES,
STAND UP EIGHT.**

Ms. Amita Sharma

PRT



Resilience is the ability to stay strong and bounce back when life feels hard. It helps us face challenges with courage instead of fear. For example, a student who fails a test but studies again and improves is showing resilience. Another child may feel nervous while speaking on stage, but by trying again, they slowly gain confidence. Even in sports, when a player loses a match but continues practicing to perform better next time, it reflects resilience. The purpose of resilience is to build patience, confidence, and a positive attitude. We need resilience because life is not always easy—there will be failures, pressure, and disappointment. Sometimes things may not go as planned, but resilience teaches us not to give up. Instead, it encourages us to learn from our mistakes, stay hopeful, and keep trying until we succeed.

In school, students can build resilience by asking teachers for help, sharing their feelings with friends, and accepting mistakes as part of learning. Participating in activities, trying new things, and stepping out of one's comfort zone also strengthen resilience.

Just like a child who falls while learning to ride a bicycle but gets up again, resilience helps us keep moving forward. It makes us mentally strong and better prepared for future challenges. Over time, resilient individuals develop a growth mindset, where they believe that abilities can improve with effort and practice. This quality not only helps in academics but also in building strong relationships and achieving success in life.



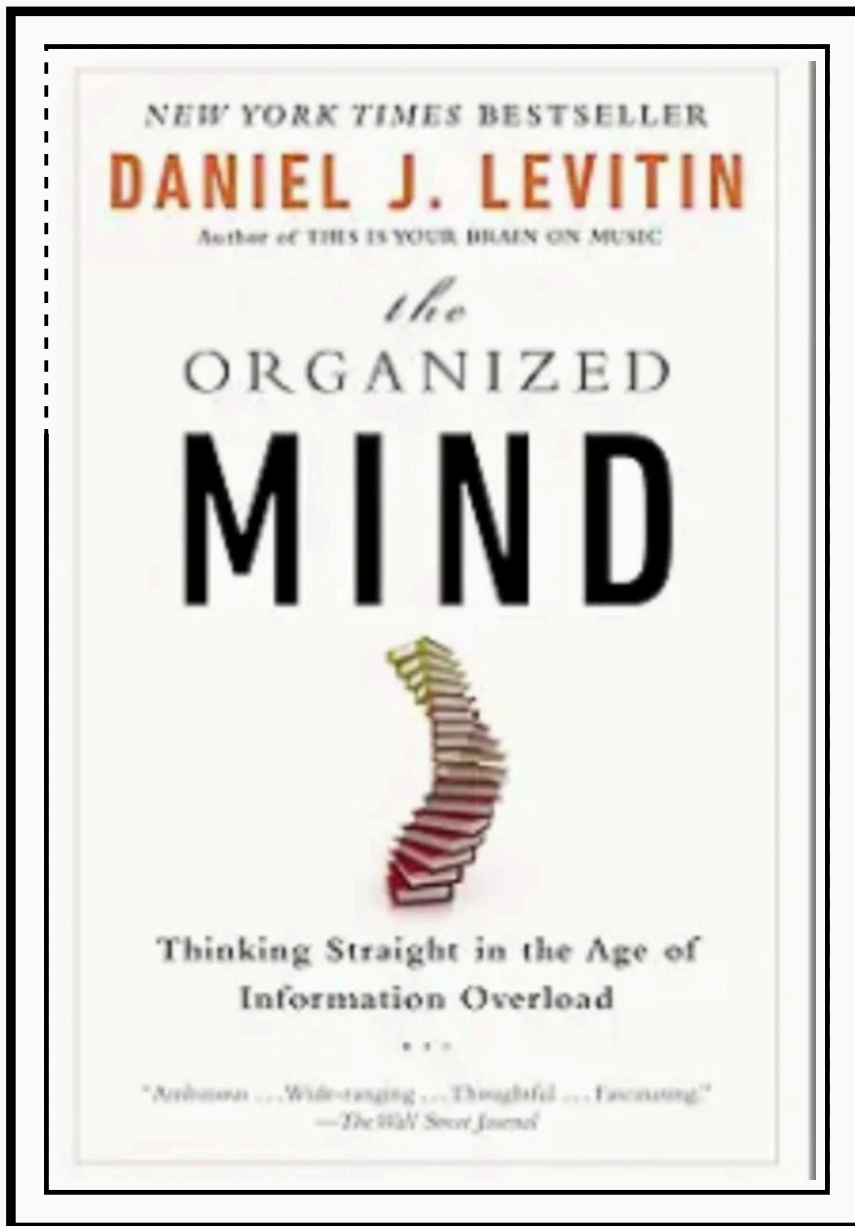
THE BCM EDGE

24th April '26

LEAD360 - EXPLORE, EXPRESS, EXCEL

Friday

BOOK RECOMMENDATION : THE ORGANISED MIND



I didn't realize how crowded my mind had become until I struggled to focus on one thing. The Organized Mind helped me understand why. It isn't about doing more—it's about thinking clearly in a world full of overload. The biggest shift? My brain isn't meant to hold everything. Writing things down reduces strain. I also became aware of decision fatigue and how small choices drain energy. Mental clutter, even if invisible, weighs heavily. Attention is limited, and structure actually creates freedom. I don't need more effort—I need better systems. Since then, my mind feels a little lighter, a little clearer.

THOUGHT OF THE DAY

Dreams do not work unless you take action every single day even when you feel tired unmotivated or unsure about the results



WORD

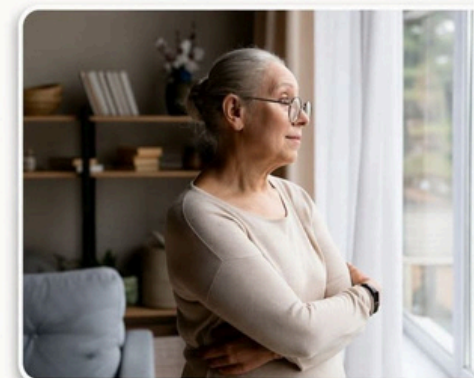
RUMINATE

/Noun/

/'ru:mi:neɪt/



Means to think **deeply** and **carefully** about something, often for a long time.



SYNONYMS

- ponder
- contemplate
- reflect
- meditate

EXAMPLE

“ She sat quietly to **ruminate** on her future. ”

THE BCM EDGE

25th April' 26

LEAD360 - EXPLORE, EXPRESS, EXCEL

Saturday



TURNING PAGES, OPENING MINDS: BCM SCHOOL CELEBRATES WORLD BOOK DAY

Our school celebrated World Book Day with enthusiasm and a deep love for reading by engaging students in meaningful literary activities. The highlight of the day was an immersive reading session where each student selected a book of their choice and delved into the world of stories, imagination, and knowledge.

Adding to the experience, students participated in a lively Book Talk session, where they shared insights, reflections, and favorite moments from their chosen books. This activity not only enhanced their comprehension but also boosted confidence and communication skills.

The celebration extended to the Kindergarten wing, where young learners expressed their creativity through a delightful Bookmark Making Activity. With colorful designs and imaginative ideas, the tiny tots created beautiful bookmarks, fostering an early connection with books and reading habits.

The event successfully promoted the joy of reading and reinforced the importance of books as lifelong companions.



THE BCM EDGE

25th April' 26

LEAD360 - EXPLORE, EXPRESS, EXCEL

Saturday



THE GREAT CAMPUS HUNT: QUIZ CLUB CHALLENGE



The School successfully organised an engaging Quiz Club Activity on the theme 'Campus Connect' for students of Classes III to VIII. The activity aimed to familiarize students with the school campus and the various facilities it provides.

The classes were divided into four teams—A, B, C, and D—to encourage teamwork and healthy competition. All students eagerly participated, displaying enthusiasm and a keen interest in learning more about their school environment.

The quiz was conducted in an interactive and lively manner, making the experience both informative and enjoyable. At the end of the activity, the winners were declared, adding excitement and motivation among participants.

The event proved to be a great success, helping students connect better with their campus while enhancing their knowledge in a fun-filled way.



THE BCM EDGE

25th April '26

LEAD360 - EXPLORE, EXPRESS, EXCEL

Saturday



As students, you stand at the doorway of endless possibilities. Dream big—beyond limits and boundaries. But always remember, dreams do not come true by chance; they come true through action. Determination, hard work, and belief are the real keys to success.

There may be times when the path ahead seems unclear or challenges feel overwhelming. Yet, it is during these moments that your strength truly shines. Believe in your journey, trust your efforts, and never let temporary setbacks define your future. With patience and self-belief, even the simplest beginnings can turn into inspiring success stories.

Surround yourself with positivity, keep learning, and never stop growing. When you dare to dream high, you discover the courage to step out of your comfort zone and uncover the potential within you. So, dream big, start small, stay consistent—and rise beyond the sky.

Ms. Romila Bhalla

PRT



The Right Life

They told her it's useless,
not worth it.

They said it doesn't pay well.

Little lady believed them,
changed her ways ;

Lived days

she didn't want to dwell.

She worried she couldn't live
with this life.

She wanted to explore, on the move.

They told her off,

They said to follow the worn out tread.

But she would disapprove.

She doesn't regret

the day she

decided to live her life right.

Even though she grew up,

She is proud of that little lady

who gladly

told them to let her fight.

Soham Munjal

XII Science A

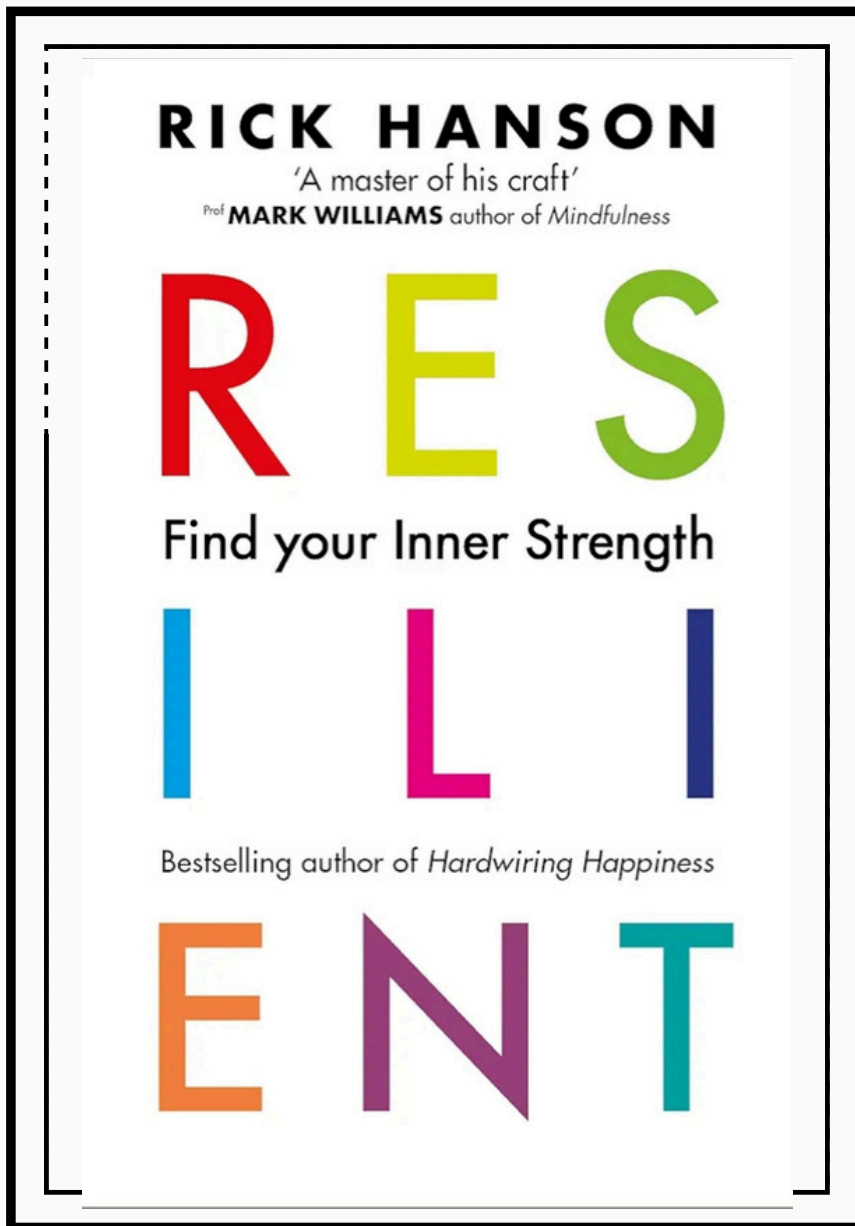
THE BCM EDGE

25th April '26

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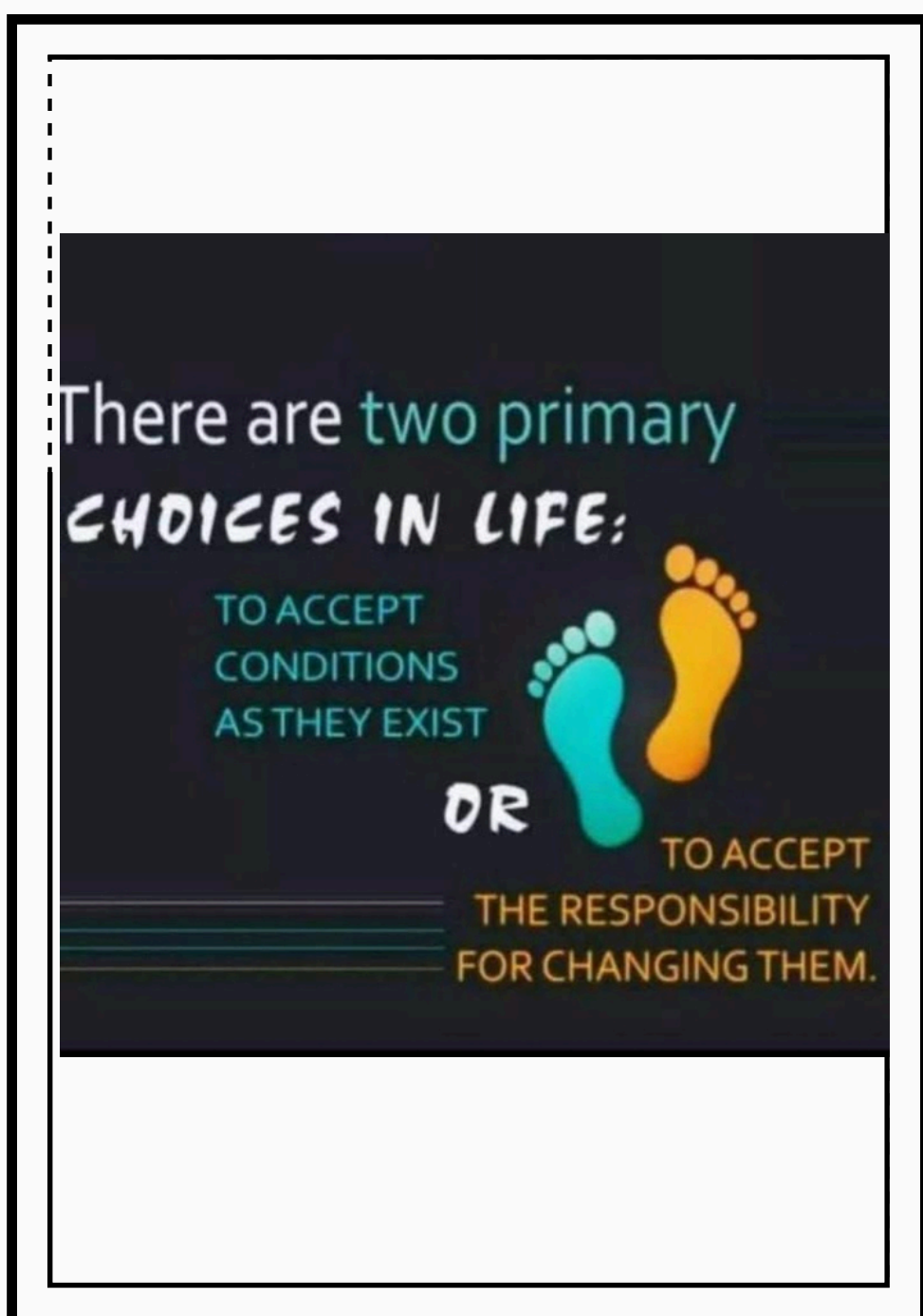
Saturday

BOOK RECOMMENDATION : RESILIENT

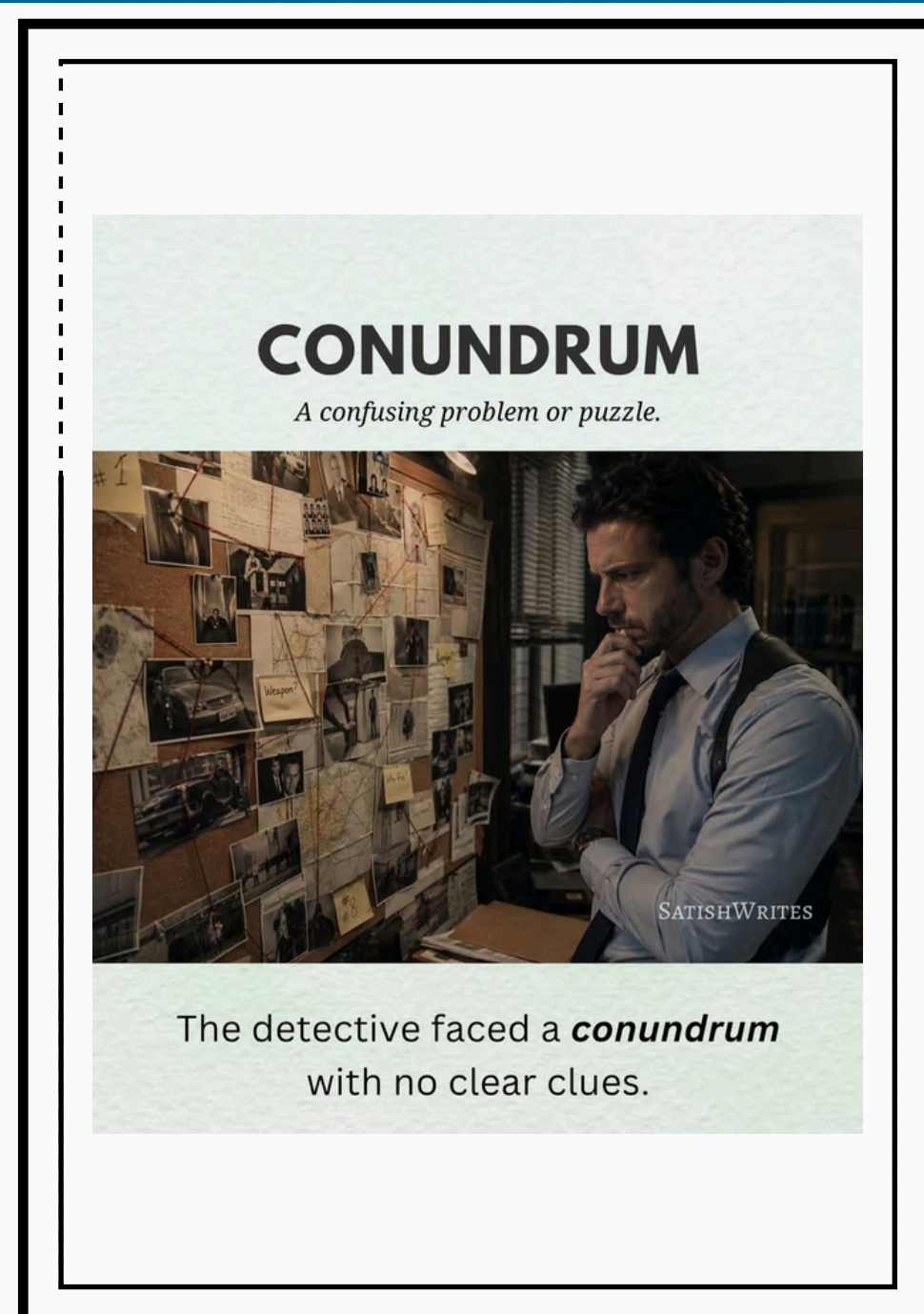


Resilient by Rick Hanson explains that real strength comes from building inner resources rather than controlling external events. By practicing mindfulness, gratitude, and self-compassion, you can rewire your brain—especially through “taking in the good”—to become calmer and more resilient. Hanson presents resilience as layered growth, from feeling safe to living with purpose. He emphasizes that being kind to yourself is essential, not optional. Ultimately, resilience means staying open to joy even during pain, allowing you to face life’s challenges with stability, clarity, and a deeply rooted sense of well-being.

THOUGHT OF THE DAY



WORD



THE BCM EDGE

27th April' 26

LEAD360 - EXPLORE, EXPRESS, EXCEL

Monday

INTER-HOUSE CRICKET TOURNAMENT SETS THE PITCH ALIVE WITH SPIRITED PERFORMANCES



The school ground came alive with energy and competitive fervour as the Physical Education Department organised the Inter-House Cricket Tournament on Saturday. Ms. Gurpreet Kaur Chandok, Dean Administration, formally declared the tournament open and set the tone by playing the first ball, encouraging players to embrace the true spirit of sportsmanship.



The matches were seamlessly conducted under the able supervision of Mr. B.R. Nayak and Mr. Lakhbir, ensuring disciplined gameplay and smooth proceedings throughout the event.

The opening fixture between Shalimar House and Pukhraj House witnessed an engaging contest, with Pukhraj House chasing down the target comfortably to clinch a 5-wicket victory.

In the second match, Kohinoor House displayed a dominant all-round performance, registering a convincing 25-run win over Gulmohar House.

Both matches were marked by strategic gameplay, commendable teamwork, and impressive individual performances, keeping the spectators thoroughly engaged.

With Pukhraj House and Kohinoor House emerging victorious, an exciting final clash between the two teams is on the cards and eagerly awaited.



THE BCM EDGE

27th April' 26

LEAD360 - EXPLORE, EXPRESS, EXCEL

Monday

PLAY IS THE HIGHEST FORM OF LEARNING

BCM Kindergarten organized a fun-filled and interactive activity, “Red Light, Green Light”, for the little learners. The activity was designed to enhance color recognition, strengthen listening and observational skills in an enjoyable manner. The teacher used red and green flashcards and instructed the children to move or stop according to the signals. The little learners actively participated with great enthusiasm, carefully listening to the instructions and responding accordingly. The classroom was filled with excitement and energy as the students enjoyed the game while learning.

The activity proved to be an effective way to improve attention span, observational skills and motor coordination among the children. It also encouraged discipline and quick response in a playful environment.

Principal Dr. Vandna Shahi appreciated the little ones' cheerful participation and remarked that such engaging experiences help in developing essential skills like attention, coordination and listening in a fun and stress-free environment.



THE BCM EDGE

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LEAD360 - EXPLORE, EXPRESS, EXCEL

Monday



PAY ATTENTION TO THE DETAILS

In a world driven by speed and efficiency, it is often the smallest details that quietly shape the biggest outcomes. What may seem trivial at first glance can, in reality, leave a lasting impression—either strengthening trust or quietly eroding it.

Consider a simple, everyday experience. A customer visits a store to purchase a newspaper and gradually becomes a regular buyer of other items as well. However, when the newspaper repeatedly arrives incomplete and the concern is dismissed casually, the issue is no longer minor. The customer walks away—not just from the newspaper, but from the entire store. A seemingly small oversight results in a significant loss. This is the true cost of neglecting details.

A similar lesson unfolds in professional settings. Imagine preparing for an important presentation, only to discover at the last moment that essential equipment is not functioning. Without prior attention and preparation, the situation could lead to delays, compromised quality, or even failure to deliver effectively. However, when details are checked in advance, problems can be resolved quietly, ensuring a smooth and impactful outcome.

The same principle applies in creative fields as well. If a designer fails to pay attention to details—the stitching, fabric quality, fitting, color combinations, or finishing—the final product loses its appeal. Even a beautiful design can look unattractive if the seams are uneven or the material feels uncomfortable. As a result, customers will neither buy nor wear such clothing. On the other hand, when every detail is carefully crafted, the garment not only looks elegant but also builds trust and satisfaction among buyers.

These examples highlight a powerful truth: success is not built solely on grand ideas or major efforts, but on the consistent care given to small tasks.

Ultimately, attention to detail is a mark of respect—towards one's work, towards others, and towards oneself. It builds reliability, enhances trust, and lays the foundation for long-term success. When we begin to value the small things, we naturally elevate the quality of everything we do.

Because in the end, there is no such thing as a “minor” detail.

Nishad Sharma

HOD Science, PGT Physics

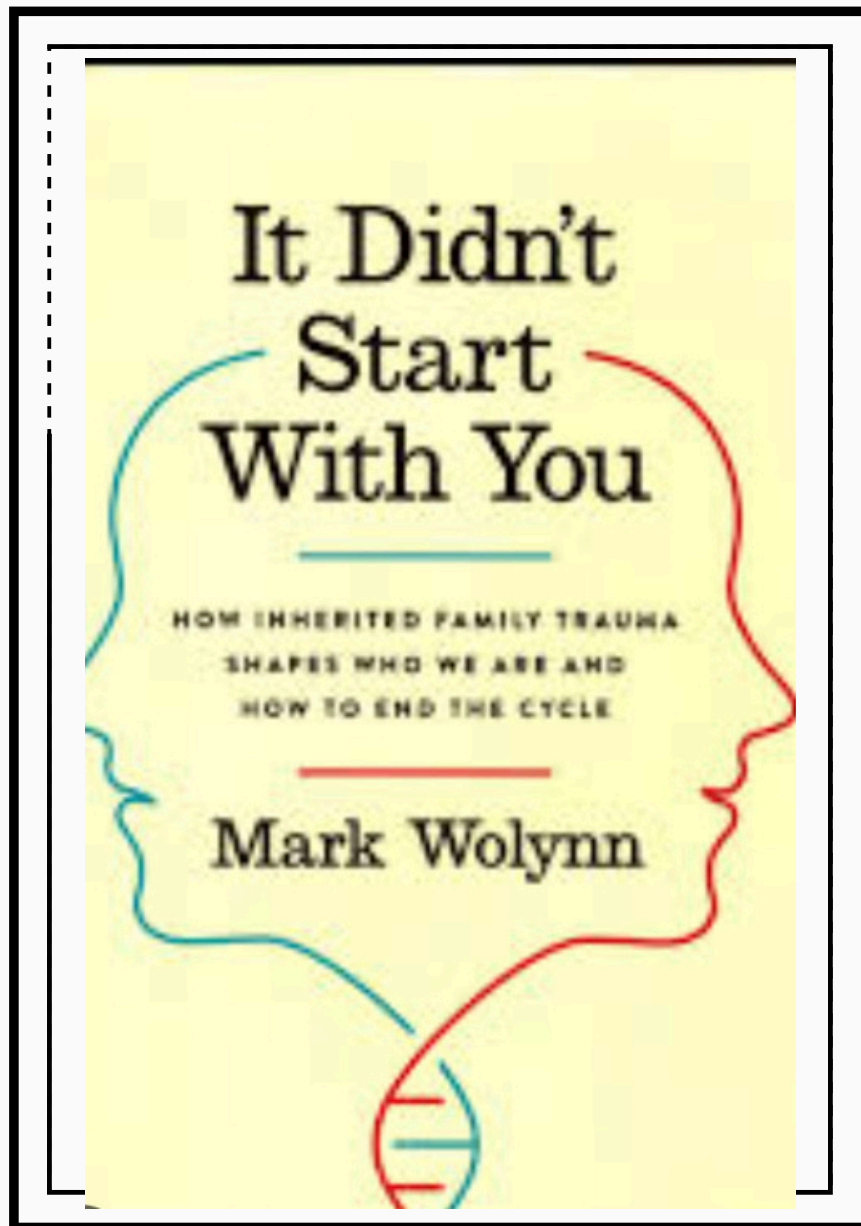
THE BCM EDGE

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LEAD360 - EXPLORE, EXPRESS, EXCEL

Monday

BOOK RECOMMENDATION : IT DIDN'T START WITH YOU



Before reading *It Didn't Start With You*, I felt weighed down by emotions and patterns I couldn't explain, believing I was broken. Mark Wolynn's work changed that. I learned that much of my pain was inherited—echoes of unhealed trauma passed through generations. The book revealed how hidden family histories shape our fears and behaviors, and how “core language” can uncover them. Most importantly, it showed that healing begins with awareness and compassion, not blame. While the pain didn't start with me, the healing can. By facing it, I can break the cycle and create a freer, healthier future for myself and those who come after me.

THOUGHT OF THE DAY

A peaceful mind doesn't mean a problem-free life, it means you've learned how to stay grounded despite everything happening around you.

WORD

Emancipation

(ih-man-sih-PAY-shun)

The act of setting someone free from control, restrictions, or slavery.

✓ **Example:** English With Aadil Sir

Education gave her **emancipation** from the old thoughts and fears.



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Tuesday

BCM SCHOOL OBSERVES JAL PAKHWADA WITH ENTHUSIASTIC PARTICIPATION

In alignment with the initiative by the Central Board of Secondary Education (CBSE), BCM School organized a series of meaningful activities to mark Jal Pakhwada, a nationwide awareness campaign aimed at promoting water conservation and sustainable usage of water resources.

The celebration witnessed active participation from students across various grades. Primary students were sensitized about the importance of water through interactive sessions, where they learned how to use water judiciously in their daily lives. Teachers emphasized simple yet impactful habits such as turning off taps, avoiding wastage, and reusing water wherever possible.



Adding a creative touch to the initiative, students of Class II enthusiastically participated in a poster-making activity on the theme "Save Water, Save Life." Their vibrant and thoughtful creations reflected a deep understanding of the need to conserve this precious resource.

The activities also highlighted the importance of effective water management, encouraging students to become responsible citizens and advocates for sustainable living. Through these efforts, the school reaffirmed its commitment to nurturing environmentally conscious individuals who understand the value of every drop.

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Tuesday

JUMP, LEARN, MULTIPLY: HOPSCOTCH BRINGS TABLES TO LIFE AT BCM KINDERGARTEN



An engaging and interactive learning activity, “Hopscotch – Multiplication Fun,” was conducted for UKG students at BCM Kindergarten. Designed to introduce and reinforce the concept of the Table of 10, the activity seamlessly blended physical movement with mathematical learning.

A hopscotch grid was creatively drawn with numbers representing multiples of 10. Students enthusiastically participated by jumping onto the correct numbers while reciting the table. To add excitement and challenge, the teacher called out multiples in a jumbled order, encouraging students to listen attentively, think quickly, and hop onto the correct answer.

The activity fostered an energetic and joyful learning atmosphere, where students were actively engaged and eager to participate. It effectively strengthened their understanding of multiplication through a fun, hands-on approach.

Principal Dr. Vandna Shahi appreciated the innovative teaching method, highlighting how the integration of physical activity with academics enhances both engagement and conceptual clarity. She also encouraged educators to continue adopting such creative strategies to make learning enjoyable and impactful.



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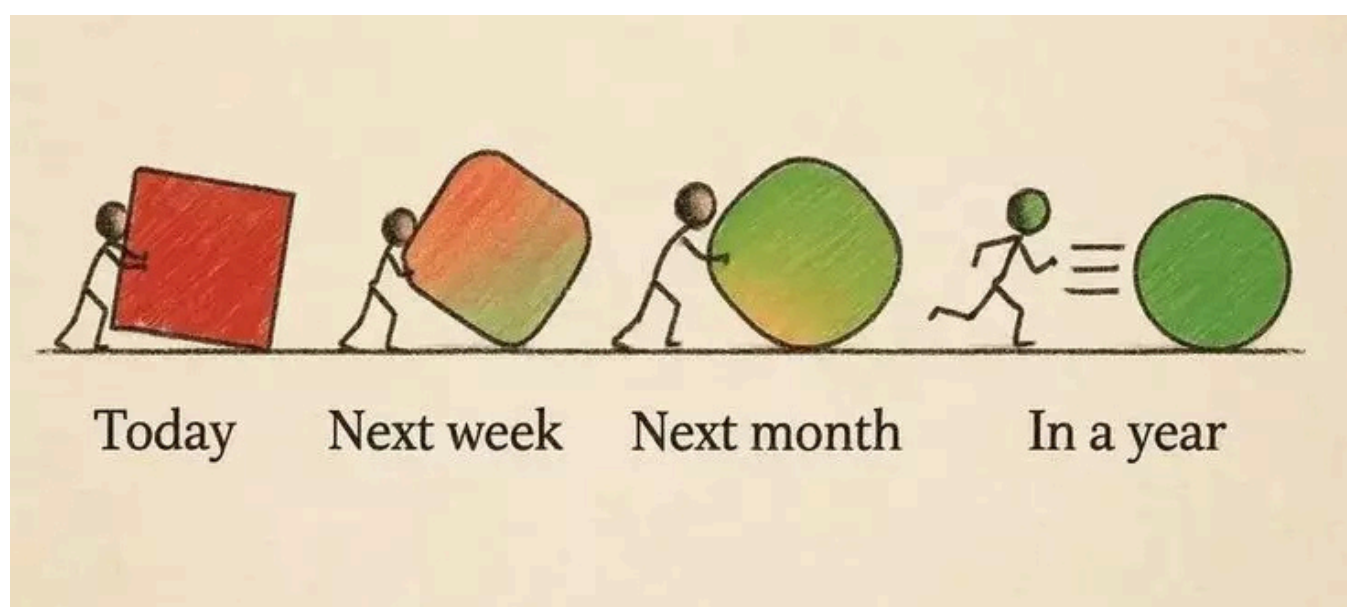
Tuesday

DISCIPLINE: THE KEY TO SUCCESS



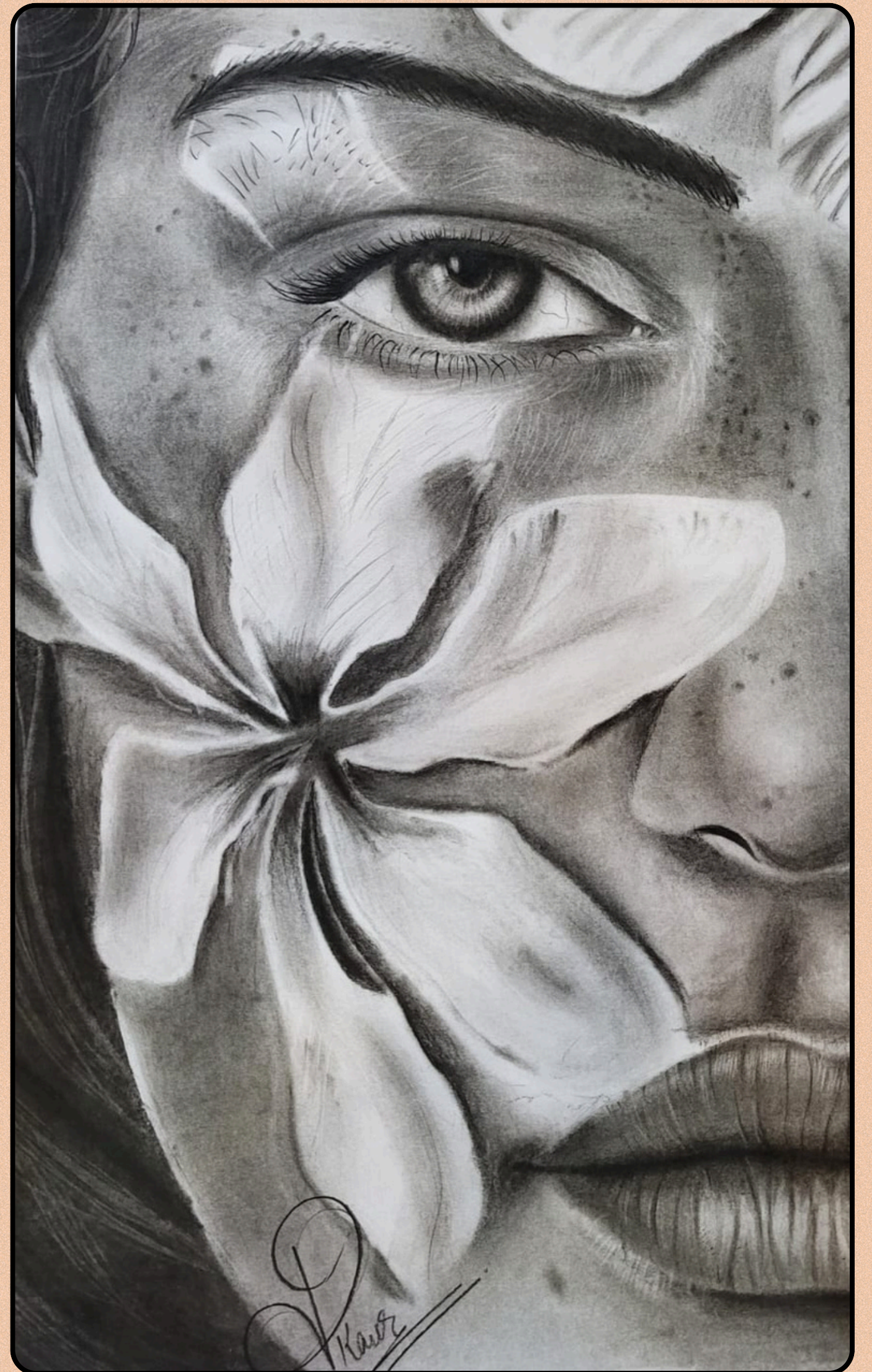
PARVINDER KAUR
TGT MATHS

Discipline is one of the most important qualities in a student's life. It means following rules, managing time properly, and staying focused on one's goals. A disciplined student completes assignments on time, listens carefully in class, and respects teachers and elders. It helps in building strong character and good habits. Success does not come easily; it requires hard work, patience, and consistency. Discipline teaches us to keep trying even when things become difficult. It also helps us avoid distractions like excessive mobile use and wasting time on unimportant activities.



In both school and life, disciplined people are more organized and confident. They are better able to achieve their goals and face challenges. Therefore, every student should practice discipline in daily life, as it truly plays a key role in achieving success.

HALF HIDDEN, FULLY FELT — WHERE SOFTNESS MEETS STRENGTH



PRABHNOOR KAUR
VIII DAISY



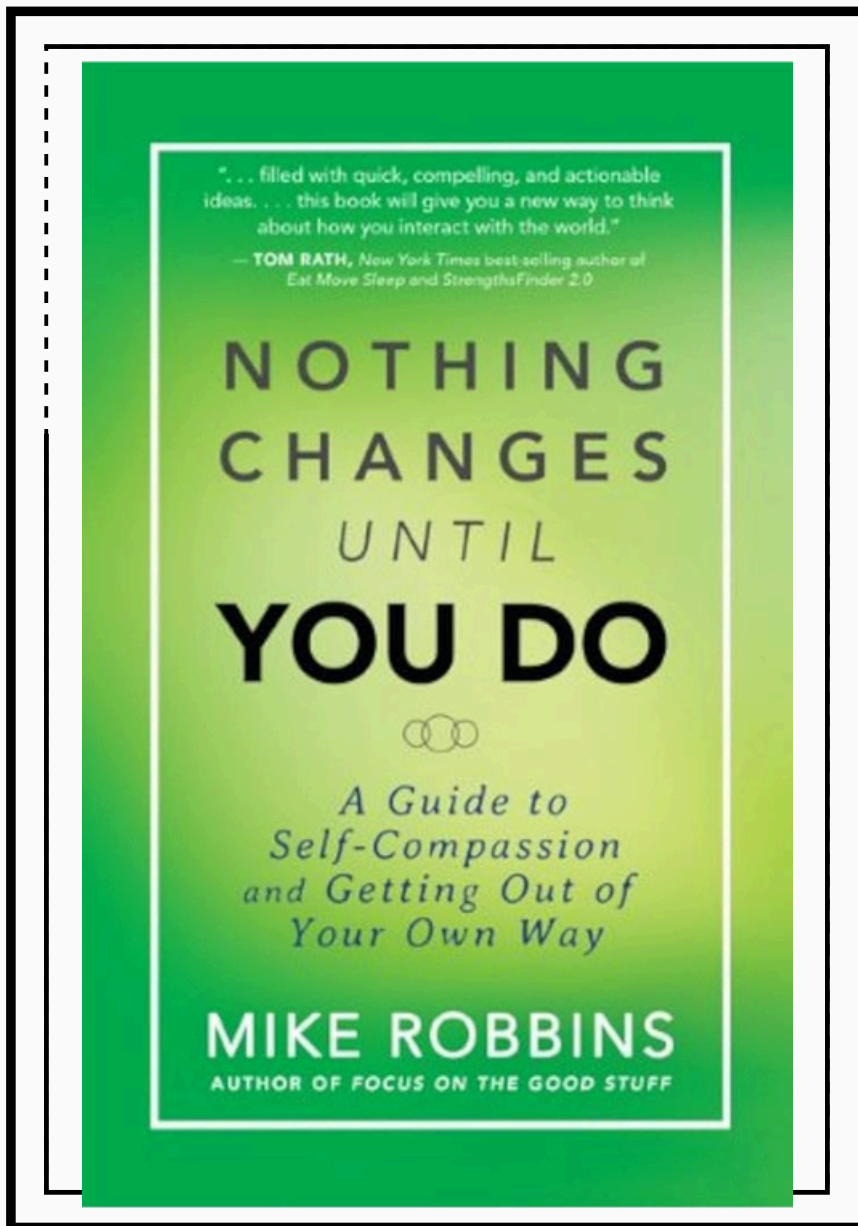
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Tuesday

BOOK RECOMMENDATION : NOTHING CHANGES UNTIL YOU DO



Nothing Changes Until You Do by Mike Robbins teaches that lasting change begins within. Your external world reflects your internal self-relationship. Practicing self-compassion instead of criticism builds real growth. Value effort over outcomes to separate your worth from achievements. Focus on being “different,” not “better,” to remove self-judgment. Surrender means accepting what you can’t control, not giving up. Embrace vulnerability to create genuine connections. Stop delaying happiness for “someday” and live in the present. Ultimately, true power lies in choosing your response, taking responsibility for your mindset, and shaping your emotional reality from within.

THOUGHT OF THE DAY

Success requires you to be uncomfortable, to stay disciplined, and to keep moving forward even when everything feels challenging and difficult.



WORD

LEVITY

Lightness or humor, especially in serious situations.



The teacher used *levity* to make the class more engaging.

THE BCM EDGE

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Wednesday

CLASS III STUDENTS SPREAD WINGS OF KINDNESS WITH BIRD FEEDER ACTIVITY

Our school organized an engaging Eco Club activity for the students of Class III on the theme 'Bird Feeder Making' to promote environmental awareness and compassion towards nature.

The young learners enthusiastically participated in the hands-on activity, where they created bird feeders using eco-friendly and easily available materials.



The activity aimed to sensitize students towards the needs of birds, especially during changing weather conditions, and to encourage them to take small yet meaningful steps in protecting biodiversity. Students showcased creativity and responsibility while designing their feeders and understanding the importance of caring for living beings around them.

The school Principal Dr. Vandna Shahi appreciated the efforts of the students and teachers. She remarked that such activities play a vital role in nurturing responsible citizens and developing a sense of care and respect for nature among young minds.

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Wednesday



*Inspirational
talk by Ms.
Kapila*

“CHOOSING KINDNESS OVER REVENGE: LESSONS FROM NELSON MANDELA”

Key Takeaways:

The talk highlighted how true strength lies in choosing kindness even after experiencing deep pain.

Nelson Mandela's life was presented as a powerful example of courage, patience, and humanity.

Despite facing injustice during apartheid and spending 27 years in prison, Mandela stood firm for truth and equality.

A moving incident from his imprisonment showed his ability to remain calm and dignified, even when insulted.

His act of inviting a former prison guard to his presidential inauguration reflected the power of forgiveness over revenge.

Students were encouraged to reflect on their own responses to challenges—whether to spread negativity or rise above it.

The message emphasized resilience, emotional control, and the importance of standing up for what is right.

“FROM LETTERS TO WORDS: LITTLE LEARNERS TAKE BIG STEPS IN HINDI”



An engaging and educational activity titled “शब्द बनाओ – आगे बढ़ो” was conducted for Grade I students with the objective of strengthening their understanding of Hindi letters (वर्ण) and word formation (शब्द). The activity also focused on the correct usage of ‘आ की मात्रा (ा)’ in a fun-filled and interactive manner.

During the session, students were provided with flashcards of Hindi letters and were encouraged to arrange them to form meaningful 2, 3 and 4-letter words. The young learners participated with great enthusiasm and successfully formed words such as बस, हवन, बरतन, and गाजर, showcasing their growing language skills.

The activity proved to be highly effective in enhancing students' vocabulary, reading ability and recognition of Hindi sounds, while making the learning process enjoyable and participative.

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Wednesday



WORDS THAT CREATE WORLDS

Ms. Shweta Chitkara

Commerce

Coordinator

What if the most powerful tool you possess is something you use every single day—your words? Every thought you think and every word you speak quietly shapes your confidence, your actions, and ultimately your future.

“Your thoughts become things.”

Power of Words

Words carry energy. Saying “I can do this” builds confidence and courage, while “I can’t” creates self-doubt. Two students with the same ability often achieve different results simply because of their inner dialogue—one chooses belief, the other fear.

Positive Thinking

Positive thinking is not about ignoring challenges, but about facing them with the right mindset. Books like *The Secret* and *The Magic* by Rhonda Byrne highlight how gratitude and positive affirmations can transform your outlook and attract better outcomes.

“When you focus on the good, the good gets better.”

Words Shape You

The way you speak to yourself becomes your identity. If you repeat “I am capable,” your actions begin to reflect it. If you constantly doubt yourself, your performance suffers.

“Whether you think you can or you can’t—you’re right.” – Henry Ford

For Students

- Replace fear with: “I am prepared and confident.”
- Turn failures into learning: “This is a lesson, not the end.”
- Use kind and respectful words—they build strong relationships.

As Mahatma Gandhi wisely said:

“Your thoughts become your words, your words become your actions.”

Conclusion

The words you choose today create your tomorrow.

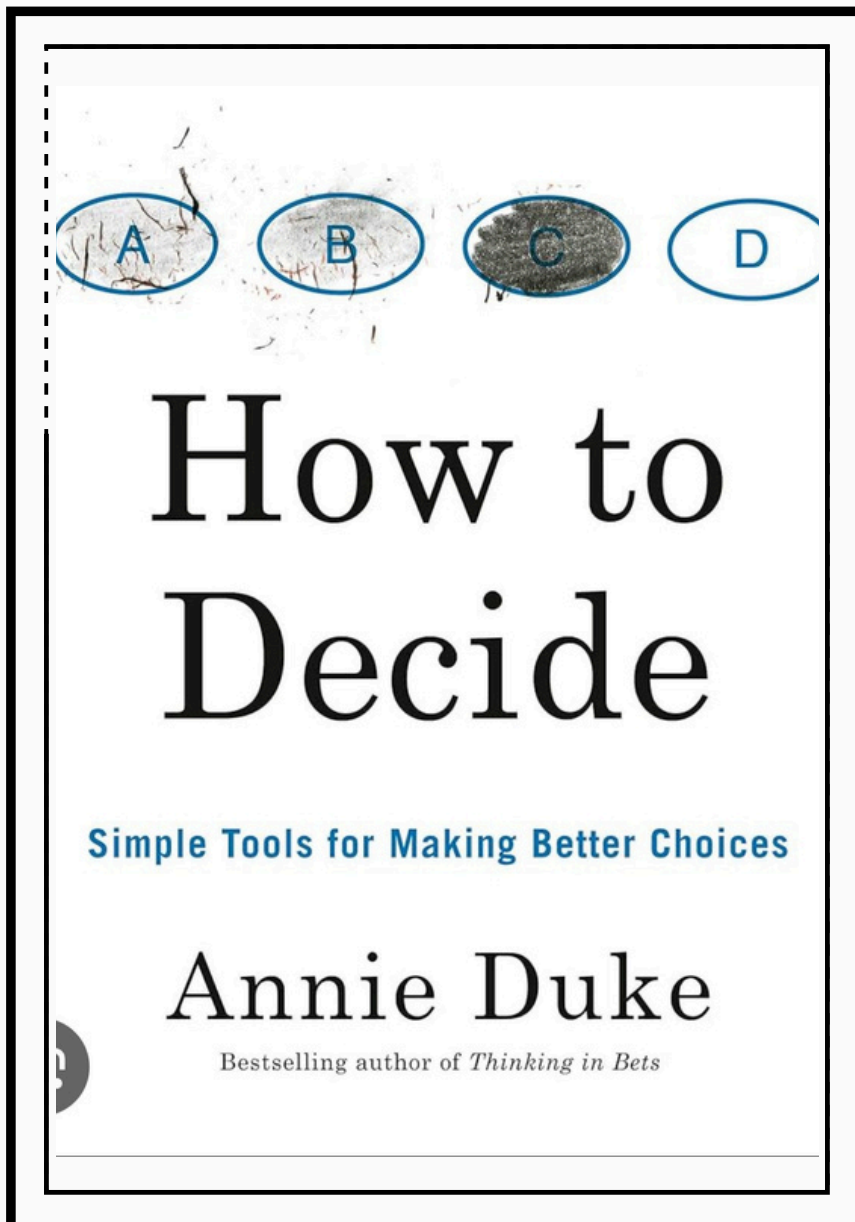
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Wednesday

BOOK RECOMMENDATION : HOW TO DECIDE



How to Decide by Annie Duke teaches that good decisions aren't judged by outcomes, since luck often interferes. Instead, focus on process: separate skill from chance, document your reasoning, and think in probabilities rather than certainties. Use tools like checklists and premortems to reduce bias and anticipate failure. When stuck, apply the "only-option" test to avoid overthinking. Finally, treat reversible decisions quickly and irreversible ones carefully. The goal is to build a clear, repeatable decision-making system that works even in uncertainty, reducing regret and improving long-term judgment.

THOUGHT OF THE DAY

You're not failing;
you're learning new things
and making mistakes.
Every mistake brings you
closer to success.



WORD

Goof up

Meaning: To make a mistake, especially in a silly or careless way.

Example: I goofed up the presentation because I forgot to save the file.



THE BCM EDGE

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LEAD360 - EXPLORE, EXPRESS, EXCEL

Thursday

DANCING INTO NEW BEGINNINGS: BCM KINDERGARTEN HOSTS FRESHERS' PARTY FOR TINY STARS

BCM Kindergarten hosted a vibrant Freshers Party on International Dance Day to warmly welcome its new entrants. With lively themes like Retro Bollywood, Hollywood, and Disco, the celebration was filled with energy and excitement. Dressed in creative outfits and fun props, the young learners joyfully danced to popular beats, showcasing confidence and enthusiasm. The event created a comforting and engaging environment, helping children settle in while encouraging interaction, creativity, and self-expression. Principal Dr. Vandna Shahi appreciated the initiative, highlighting its role in making young learners feel secure, valued, and excited as they begin their educational journey.



THE BCM EDGE

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Thursday



FROM NATURE TO NURTURE: SHOWCASING CREATIVITY & SUSTAINABILITY



Under the Eco Club activities, students actively participated in engaging tasks that beautifully blended creativity with environmental learning. The Board Decoration activity on “Medicinal Plants” aimed to spread awareness about natural healing. Students creatively presented plants like Tulsi, Neem, Aloe Vera, and Turmeric through charts, drawings, and labels, highlighting their benefits. The activity enhanced their research and presentation skills while deepening their understanding of biodiversity and traditional knowledge.

In the “Art Work with Waste Materials” activity, students transformed recyclable items such as newspapers, bottle caps, and cardboard into innovative creations like collages, mosaics, sculptures, and photo frames. This hands-on experience reinforced the importance of the 3Rs—Reduce, Reuse, Recycle—encouraging sustainable thinking.

Both activities successfully promoted creativity, teamwork, and environmental consciousness while helping students develop essential life skills.

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Thursday

What the *Sky* Would Whisper if it Saw Us Everyday



They say the Lord lives deep in me
I, the sky, that stretch eternity.
Yet every dawn, I veil the sun,
Ashamed of all that man has done.



I once beheld Guru Nanak arise,
Hands folded, eyes lifted to skies.
He sang AARTI with fire and breeze,
With stars, with rivers, with dancing trees.
But now, his hymn is drowned in smog and smoke,
In hearts asleep, in vows we broke.



Where is Wordsworth, with daffodils near?
Where is Frost, who paused to hear?
Gone are the souls who used to care,
Now silence echoes despair.

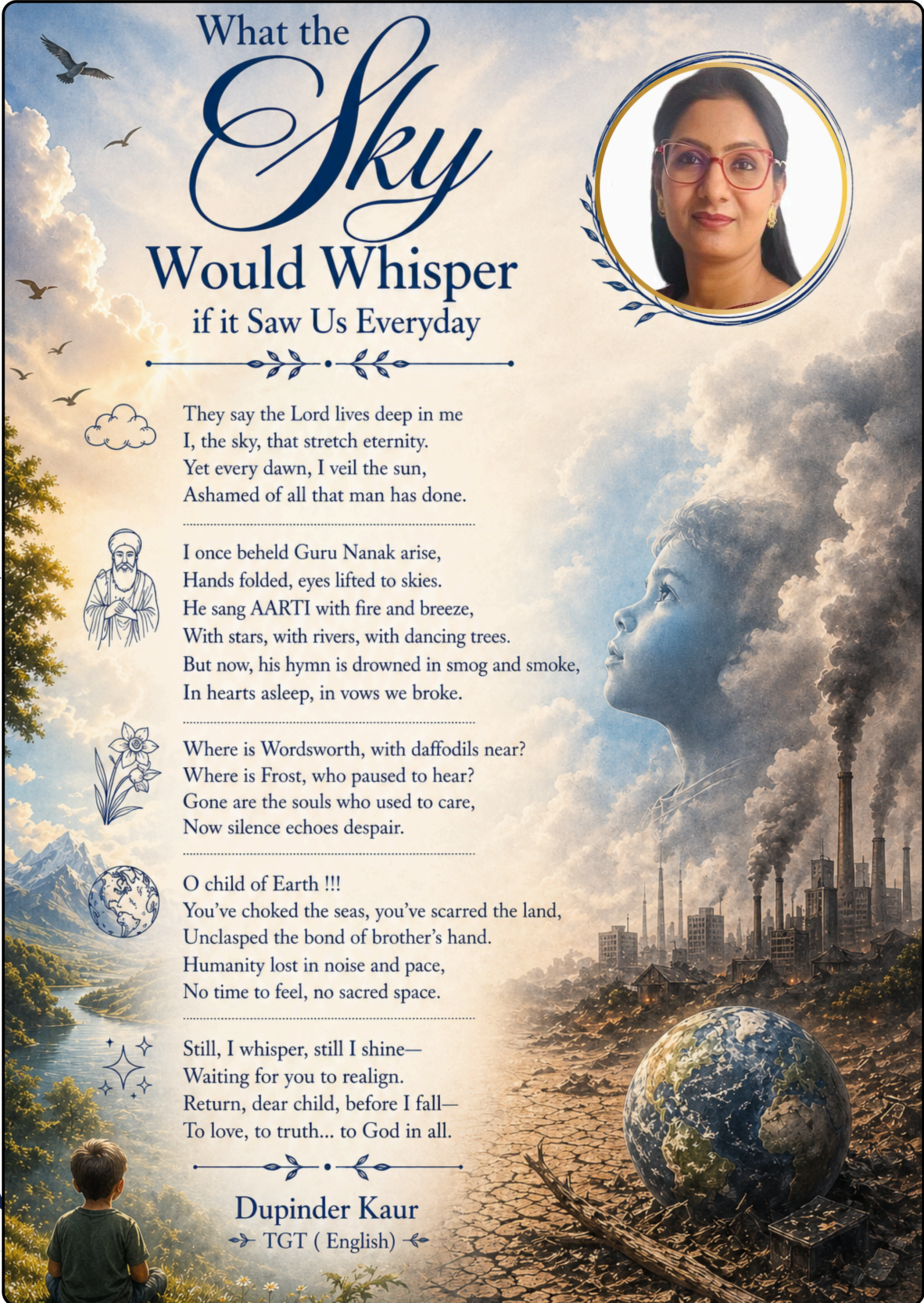


O child of Earth !!!
You've choked the seas, you've scarred the land,
Unclasped the bond of brother's hand.
Humanity lost in noise and pace,
No time to feel, no sacred space.



Still, I whisper, still I shine—
Waiting for you to realign.
Return, dear child, before I fall—
To love, to truth... to God in all.

Dupinder Kaur
TGT (English)



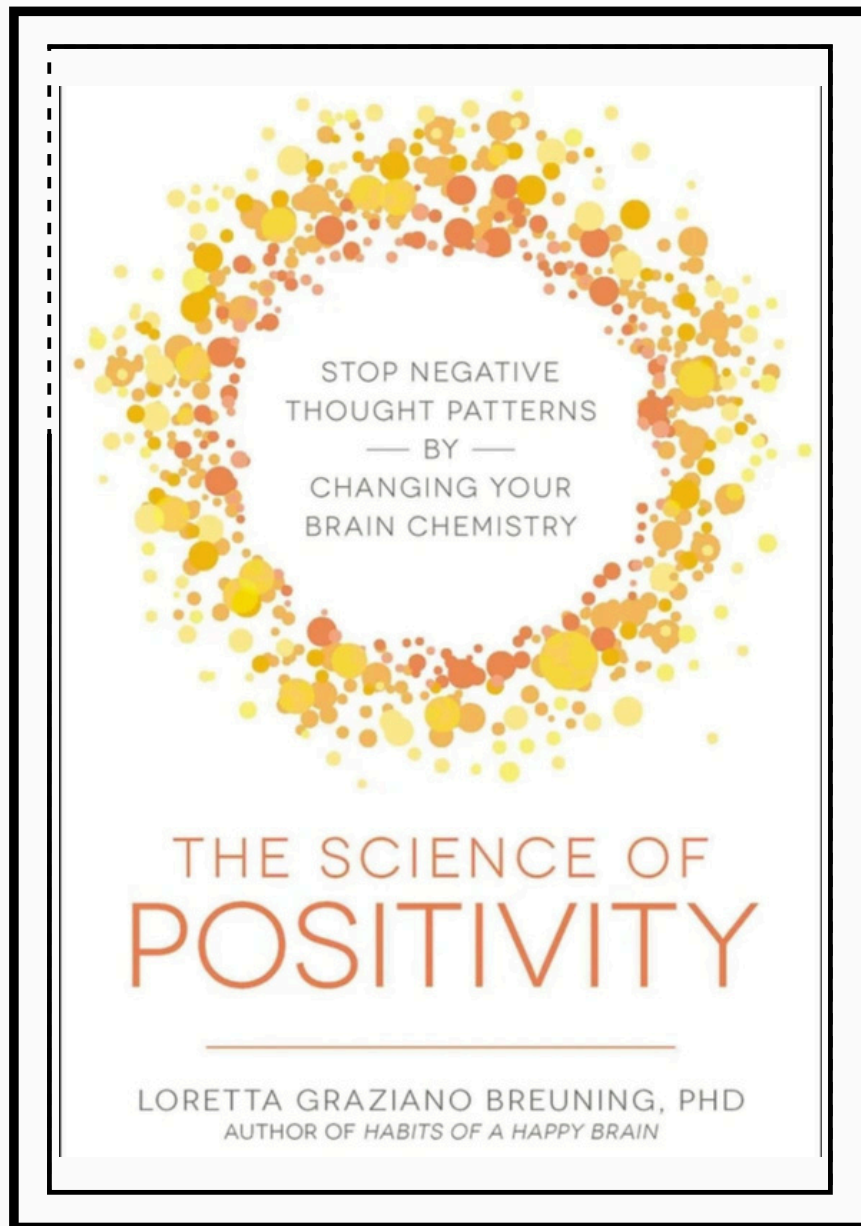
THE BCM EDGE

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LEAD360 - EXPLORE, EXPRESS, EXCEL

Thursday

BOOK RECOMMENDATION : THE SCIENCE OF POSITIVITY



The Science of Positivity explains that the brain prioritizes survival over happiness, making negativity natural. Cortisol drives stress loops, but recognizing them helps you avoid false “emergencies.” Positive feelings come from short bursts of dopamine, oxytocin, serotonin, and endorphins, which can be strengthened through small, repeated actions. Lasting change takes about 45 days of consistent habits to rewire neural pathways. Managing expectations prevents dopamine crashes, while redirecting social comparison builds healthy pride. True positivity comes from self-trust rather than external validation, allowing you to retrain your brain and create sustainable emotional balance.

THOUGHT OF THE DAY

Peaceful mind,
strong heart, and
positive thoughts
create a powerful
life.

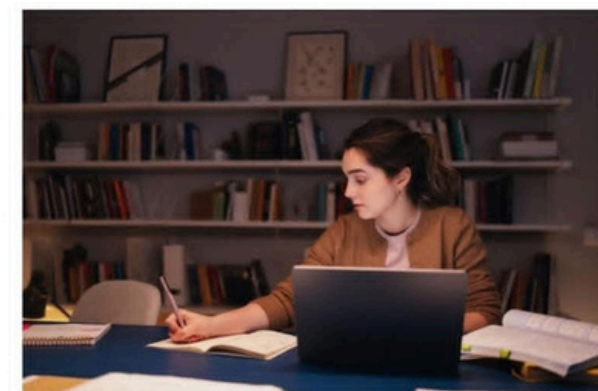
WORD

ASSIDUOUS

/Adj/

/as-sid-u-ous /

Showing great care, hardworking and consistently dedicated.



EXAMPLE

Her assiduous efforts led to his promotion.